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WHERE GOOD TASTE MEETS GOOD HEALTH

June 2012

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WIN! A KITCHEN GARDEN p.76

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"Each garden has its own surprise."
—Susan Allen Toth

Below: Grilled Halibut Salad with Beet-Carrot Slaw (*page 50*)

Cover photograph: Bing cherries by Carin Krasner. Cherries in the issue: pages 56-64, 85, 86.

May/June 2012 Volume X1, Number 3

Recipe Index

39 mouthwatering, healthy summer recipes for vegetarian dinners, power salads, tart-sweet cherry treats and more

How We Test Recipes

Each of our recipes is tested in the EATING WELL Test Kitchen. Our goal is to provide healthy, delicious recipes that really work.

- Recipes tested on average seven times each.
- Each recipe is tested by multiple testers.
- We test on both gas and electric stoves.
- We use a variety of tools and techniques.
- Testers shop major supermarkets to research availability of ingredients.
- Testers measure active and total time to prepare each recipe.

How We Analyze Recipes

- All recipes are analyzed for nutrition content by a Registered Dietitian.
- We analyze for calories, total fat, saturated (sat) fat, monounsaturated (mono) fat, cholesterol, carbohydrate, added sugars, protein, fiber, sodium and potassium, using The Food Processor® SQL Nutrition Analysis Software from ESHA Research, Salem, OR. (Note: Nutrition information is updated regularly. The current analyses appear with the recipes on *eatingwell.com*.)
- Garnishes and optional ingredients are not included in analyses.
- When a recipe provides 15% or more of the Daily Value (dv) of a nutrient, it is listed as a nutrition bonus. These values are FDA benchmarks for adults eating 2,000 calories a day.
- Recipes highlighted as gluten-free (*see Key, below*) do not include wheat, rye, barley or oats. But it's important to read the labels of processed foods, such as broths and condiments, to make sure they don't contain hidden sources of gluten.

Key to Icons*

Icons identify recipes that are most appropriate for certain eating goals. A recipe marked...

- hw [Healthy Weight] has reduced calories and limited saturated fat.
- hf [High Fiber] provides significant total fiber.
- hh [Healthy Heart] has limited saturated fat.
- Gluten-Free
- ¢ [Budget Entree] costs less than $3 per serving.
- is ready to eat in 45 minutes or less.

*For more on our nutritional-analysis process and complete guidelines on how we define each icon, visit *eatingwell.com/go/guidelines*.

How We Price Recipes

- Costs for ingredients come from *safeway.com* and *peapod.com*.
- Costs include every ingredient, even staples.
- Costs include only the amount used (e.g., 1 teaspoon capers, not the entire jar).
- Garnishes and optional ingredients are not included in cost.
- Prices are best estimates as of spring 2018.

More Great Recipes

For more delicious EatingWell recipes, go to **eatingwell.com/recipes**.

PAGE		RECIPE	hw	hf	hh	CALORIES (Daily Value (DV): DV: 2,000)	FAT/SAT (g) (DV: <65/20)	CARBS (g) (DV: 300)	FIBER (g) (DV: 25)	SODIUM (mg) (DV: <2,400)	BUDGET ENTREE
		BREAKFAST									
61	⏱	Puffed Cherry Pancake	•			252	11 / 4	30	4	140	¢
		APPETIZERS & BEVERAGES									
58	⏱	Cherry-Lime Gin Rickey				130	0 / 0	17	1	2	
17	⏱	Classic Margarita				181	0 / 0	12	0	101	
17	⏱	Homemade Tortilla Chips	•		•	169	5 / 0	29	2	217	
17	⏱	Skinny Guacamole	•	•	•	96	6 / 1	8	4	167	
		SALADS & SIDES									
63		Cherry, Wild Rice & Quinoa Salad		•		282	16 / 4	27	3	265	
34	⏱	Nectarine & Prosciutto Salad				212	15 / 4	12	2	611	
35	⏱	Nectarine, Corn & Tomato Relish	•		•	74	3 / 0	12	2	107	
		MAIN-COURSE SALADS									
50		Chimichurri Grilled Steak Salad	•		•	363	24 / 5	9	4	518	
54		Chopped Tandoori Chicken Salad		•	•	459	19 / 4	35	9	698	
55		Feta, Corn & Chicken Salad with Smoky Tomato Dressing		•		498	27 / 7	28	8	726	
50		Grilled Calamari & Potato Salad		•	•	429	24 / 4	32	6	561	
50	⏱	Grilled Halibut Salad with Beet-Carrot Slaw	•		•	339	20 / 3	10	4	597	
54	⏱	Grilled Tempeh Salad with Sesame-Ginger Dressing	•	•	•	310	20 / 3	22	6	560	
		VEGETARIAN									
83		Asiago, Artichoke & Spinach Soufflé	•			197	13 / 5	10	2	270	¢
74		Asparagus & Mushroom Risotto	•		•	336	7 / 2	49	4	704	
74		Blue Cheese Portobello Burgers		•		359	16 / 4	42	7	676	
28	⏱	Chickpea & Potato Hash		•		382	20 / 4	37	6	562	¢
69		Lasagna with Slow-Roasted Tomato Sauce	•	•		275	11 / 5	29	6	618	¢
69	⏱	Rice Noodle & Edamame Salad		•	•	418	16 / 2	58	9	425	¢
72		Three-Pea, Cashew & Tofu Stir-Fry		•	•	356	20 / 3	31	7	568	¢
72	⏱	Tofu & Vegetable Stew	•		•	251	12 / 2	22	4	987	¢
		FISH & SEAFOOD									
83		Salmon, Cream Cheese & Dill Soufflé	•			192	13 / 5	7	1	278	¢
29	⏱	Skillet Gnocchi with Shrimp & Asparagus			•	464	10 / 2	65	3	511	
26	⏱	Tilapia with Tomato-Olive Sauce	•		•	247	11 / 2	4	1	381	¢
		MEAT & POULTRY									
29	⏱	Bell Pepper & Beef Curry	•	•		368	18 / 7	27	5	356	
28	⏱	Garlic Chicken	•		•	343	17 / 3	7	0	576	¢
28	⏱	Garlic Chicken for Two	•		•	345	17 / 3	7	0	576	¢
38	⏱	Korean-Spiced Pork Chops & Slaw	•		•	304	17 / 4	8	3	356	
38	⏱	Korean-Spiced Pork Chops & Slaw for Two	•		•	303	17 / 4	8	3	356	
40	⏱	Pesto & Mozzarella Stuffed Pork Chops				390	22 / 6	12	1	391	
41	⏱	Pork Chops with Creamy Mushroom Sauce				359	22 / 6	6	1	363	
38	⏱	Pork Chops with Quick Rhubarb Sauce	•			303	13 / 4	18	1	412	
58	⏱	Pork Fajitas with Smoky Cherry Salsa	•	•	•	365	10 / 4	33	6	881	
		DESSERTS									
61	⏱	Cherry Sorbet	•		•	46	0 / 0	11	1	3	
83		Coconut Soufflé				260	13 / 7	29	1	146	
34	⏱	Grilled Nectarines with Mascarpone Cream	•			149	11 / 5	10	1	14	
64		Honey-Sweetened Cherry Pie		•		337	10 / 4	59	3	143	
83		Kahlua & Chocolate Soufflé	•			233	10 / 3	30	2	117	
35	⏱	Nectarine & Strawberry Parfait		•		352	12 / 7	53	3	35	
63		No-Bake Cherry Cheesecake				348	17 / 4	42	2	273	

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"If we have one rule, it's this: we want you to celebrate food and enjoy it—in moderation."

Lisa Gosselin, Editorial Director,
editor@eatingwell.com

The Carnivore's Dilemma

I love this time of year. It's still light when I come back from my evening run and the scents of steak sizzling on a neighbor's grill and the season's last lilac blossoms are beyond tantalizing.

I am an omnivore and there are few things I love more than a grilled steak served over crisp greens (*see page 50 for Chimichurri Grilled Steak Salad*). But lately I've come to think about red meat differently—as an occasional treat, not a staple in my diet. Why? Just before this issue went to press, two new studies came out. The first, a Harvard study that looked at the eating habits of more than 110,000 adults over 20 years, came to this sobering conclusion: eating one serving of unprocessed red meat (3 ounces) every day was associated with a 13 percent higher risk of death. The second, a study published in *Nutrition Journal*, tested stress levels and found that people who "eliminate meat, fish, and poultry may cope better with mental stress than omnivores," wrote the study authors. It also showed that omnivores who adopted a vegetarian diet could improve their mood.

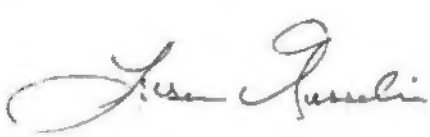
There are dozens of other reasons to limit how much meat we eat, ranging from health (cutting back on saturated fat improves heart health) to environmental (livestock farming emits more greenhouse gases than the carbon dioxide equivalent in cars) to ethical. While I'm not ready to down my last burger, I have come to embrace Meatless Mondays (which I sometimes celebrate on Tuesdays and Thursdays), and I'm especially thankful for the recipes in "Where's the Beef?" (*page 66*). Here, Marge Perry shows how she and her meat-loving chef husband created vegetarian recipes, such as Blue Cheese Portobello Burgers and Lasagna with Slow-Roasted Tomato Sauce, that carnivores will love. How? By bringing out that secret, satisfying flavor known as umami.

At *EatingWell*, we choose our meat carefully, opting for lean cuts to limit saturated fat. (In March, the USDA made this much easier by requiring for the first time that Nutrition Facts labels on raw meat and poultry show calories, saturated fat and total fat.) We choose, where we can afford to, organic, grass-fed or pastured meats, which are generally higher in omega-3s and lower in saturated fats.

And when it comes to portion sizes, we reverse the meal you typically find in American restaurants: instead of offering a huge meaty entrée and a side of vegetables, our meals give vegetables and whole grains a starring role.

If we have one cardinal rule, it's this: no matter what you eat, we want you to celebrate food and enjoy it—in moderation. Maybe it's time for Steak Saturdays?

Santé,



The Checklist

✓Vote for Your Favorite *EatingWell* Recipe: To celebrate our 10th anniversary in July we're picking our 100 favorite recipes. Help us choose the "Readers' Favorites" by voting at *eatingwell.com/go/readersfavorites*.

✓Go Meatless in May: Learn how easy, delicious and healthy vegetarian meals can be during our Meatless May Challenge at *eatingwell.com/go/meatlesschallenge*.

✓Slim Down for Summer: Get tips and recipes to help you lose weight and get in shape during our Summer Slim-Down Diet Challenge in June at *eatingwell.com/go/summerslimdown*.

✓Pin & Win Potluck Contest: Join us on Pinterest.com and create a "My Favorite Potluck Recipes" board. Pin at least 10 of your most-loved *EatingWell* potluck recipes for the chance to win a cookbook. More details at *eatingwell.com/go/summerpinterest*.

✓Go digital! You can now read *EatingWell* on your iPad, Android device and on more platforms with a subscription through Zinio. Details at *eatingwell.com/digital*.

✓Join our Live Q&A: Learn about how you can have a better relationship with food, and lose weight, during our live Facebook chat with intuitive-eating expert Evelyn Tribole, featured in "The Eat-What-You-Love Diet" (*page 20*), June 12, 12:30 p.m. EST, at *facebook.com/eatingwell*.

PHOTOGRAPHY BY: Angelo Lynn (left); Ken Burris (right top); Kathryn Gamble (right center); Mikel Healey (bottom)

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Holly Pevzner
Inflammation Investigator

Holly Pevzner learned a lot researching "Inflammation Nation" (*page 42*). In fact, it changed her life. While exploring ways to fight inflammation—including yoga and massage—she came across findings about omega-3s that convinced her to start taking fish-oil supplements. Now she loves them. "I'm hooked," she laughs. "Wait: that's a lame fish pun! Don't use that!"

Carolyn Malcoun
Grilling Guru

We've known of this New England Culinary Institute grad's talents for years—during her time as an associate editor at *EatingWell* she wowed us with her tasty flavor combos and inspired grilling. But the mom-to-be, now a contributing editor, outdid herself this issue, penning two scrumptious features: "Sizzling Summer Salads" (*page 48*) and "Cherry Picking" (*page 56*), which stars the show-stopping fruit of her native Michigan.

Paul Greenberg
Author, Activist & Gardener

It's no surprise that Paul Greenberg, the author of the award-winning *Four Fish: The Future of the Last Wild Food*, keeps a garden. What is surprising, however, is where: on the roof of his apartment in downtown Manhattan. Hear its inspiring story in "A Growing Revolution" (*page 76*). What's next for Greenberg? He's writing about local seafood—and starting a rooftop tilapia pond to go with it!

PHOTOGRAPHY BY: Nathan Powell (top); Ashley Curry (middle); Esther Dell (bottom)

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Agave Scones

- 3 1/4 cups all-purpose flour
- 5 teaspoons baking powder
- 1/2 teaspoon salt
- 3/4 cup unsalted butter, cold
- 1 egg
- 1/2 cup Domino® Organic Light Agave Nectar
- 1 cup milk
- 1 cup dried cranberries or raisins

Preheat oven to 400°F. Lightly grease a baking sheet and set aside.

In a large bowl, combine flour, baking powder and salt. Cut in butter until mixture resembles coarse crumbs. In a smaller bowl, mix egg, Agave Nectar and milk, stir into flour mixture until moistened. Do not over mix.

Turn dough onto lightly floured surface and knead until smooth. Knead in cranberries or raisins until just combined. Roll dough into a 1/2 inch disk and cut into 8 wedges. Place on prepared baking sheet. Bake approximately 15 minutes or until golden brown and a toothpick inserted into center comes out clean. Remove from oven. Place scones on wire rack to cool.

Makes 8 scones

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Feedback

You Read Us Because...

Rowan Jacobsen's eloquent "Swimming Upstream" (March/April) drops us into Alaska: I can feel, even smell, the essence of the place. He excites us to think about what we eat, where it comes from and why we should care. I, for one, will take the side of Alaska salmon, a precious gift, raise my voice to ensure their protection and prepare them with more appreciation! *Lorraine Tesmer*

You Loved...

I loved the March/April article "The Breakfast Club" and made the Breakfast Fruit Bread Pudding this morning. Amazing! I have the Sweet-&-Sour Meatballs in my sights as well as the braised greens panini. I was also happy to have the *Nourish* column back. As the foodie cook in our family, I connected with the idea of the relaxing nature of cooking a good meal—even with three kids screaming at my ankles! *—Betsy Sarks Martel*

I spent a whole afternoon devoted to *EatingWell*'s last two issues and I had to write to you about the great March/April *Nourish* "My Husband, the Chef." Reading Marcelle Soviero was like reading a novel. *—Pat Marzano*

I really do appreciate your listening to *EatingWell* readers like me. Thank you for bringing back all of those longer stories, big photos and design elements that many readers wrote you about. Fortunately you did come through and my wife and I are very pleased. So please feel good that *EatingWell* readers are rejoicing as I write this. *Phillip Routillard*

You Suggested...

I was really surprised that in the March/April issue you encouraged wastefulness by advising readers to discard half of their egg yolks when making egg salad. I find that draining and chopping firm silken tofu and mixing it with the fewer chopped eggs serves the same purpose of reducing saturated fat and cholesterol consumption, plus it gives the added benefits of soy. The tofu and egg white are similar in consistency and relatively flavorless, so even those who think they don't like tofu will find this an acceptable alternative. *—Barbara Elliott, M.S., R.D., L.D.*
Editor's reply: *Great suggestion—now we can't wait for lunch!*

@EatingWell asks...

What are your favorite salad toppings?

@deathofchivalry: Corn and dried cranberries or avocado and bleu cheese! #yumsalad

@MCowan31415: Gorgonzola, apples, and pecans on mixed greens w/homemade Dijon vinaigrette is fav

@dittlerachel: Throw in a nut, fruit, and low-fat/fat free cheese and the salad can't fail

@illumeWellness: ...lots of veggies, beans, and the dressing is mashed avocado with lemon & sea salt. :)

Tip from a Facebook friend: *Any kind of white fish can easily be prepared in a buttered dish with some orange juice sprinkled on it and slices of oranges laid on top with fresh parsley. Bake at 400°F until flaky. It comes out great every time!* —Nicole Nowicki Peterson

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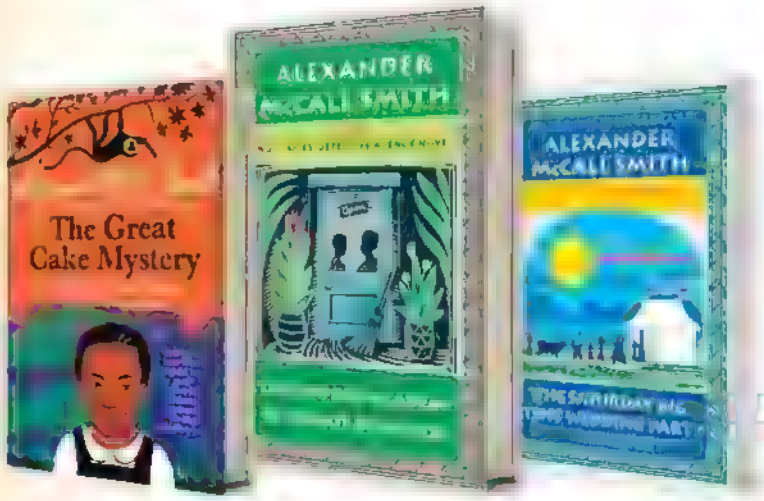
HAPPY MOTHER'S DAY

From

Alexander McCall Smith


The Great Cake Mystery
ALEXANDER McCALL SMITH
ALEXANDER McCALL SMITH
SCAN to read first chapters and download the recipe for Mma Potokwani's Fruit Cake

He is the adored author of the worldwide bestselling **NO. 1 LADIES' DETECTIVE AGENCY** books featuring the much-loved (and traditionally built) Precious Ramotswe, her assistant, Grace Makutsi (97 per cent on her secretarial exams) and her mechanic husband (he can't resist fruit cake).

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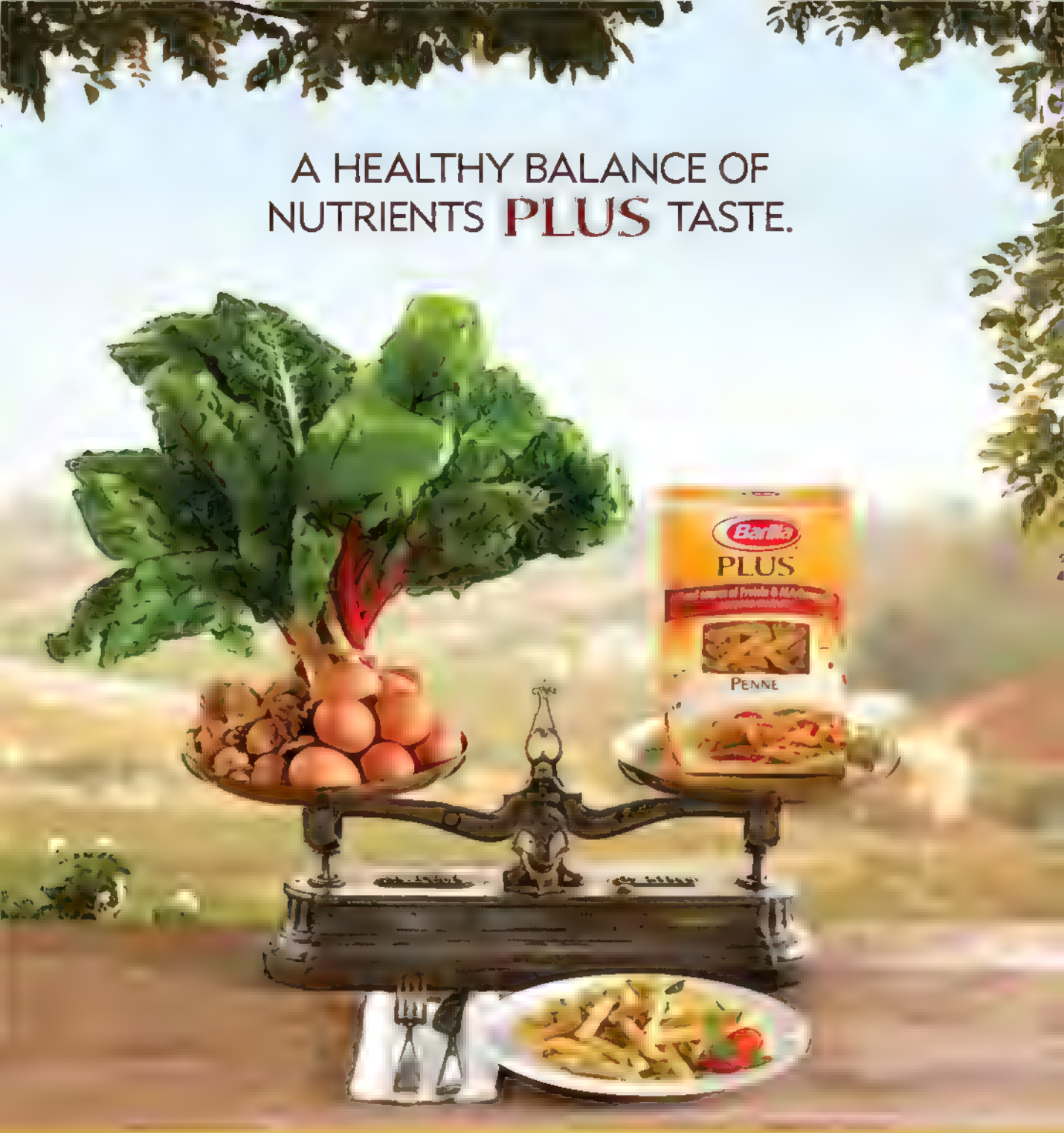

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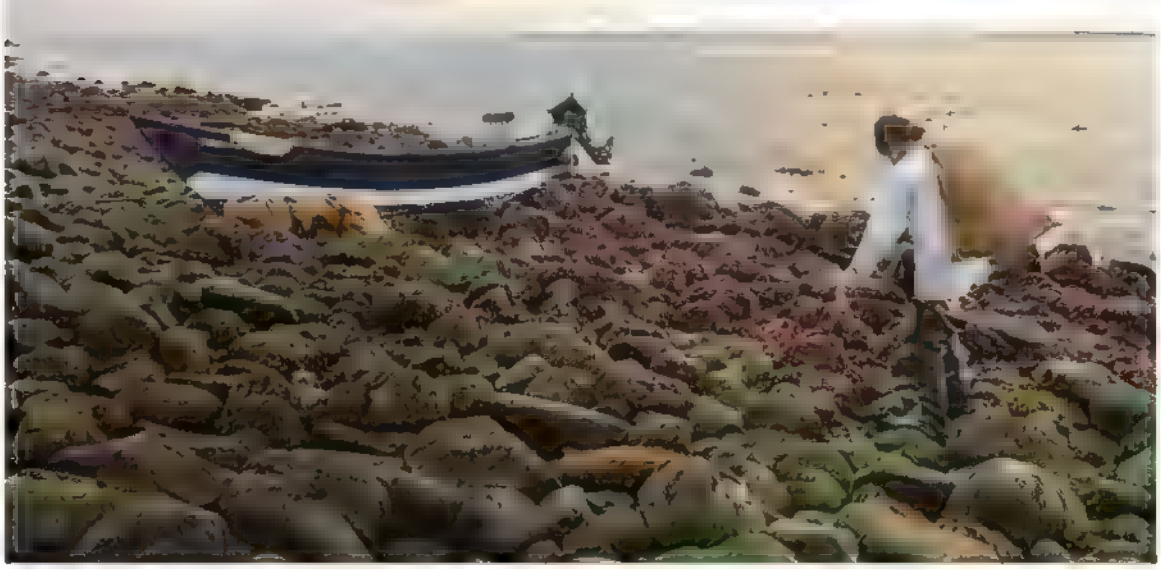
life

Vitamin Sea

If you were to walk along the rocky beaches at the mouth of New Brunswick's Bay of Fundy at low tide, you'd very likely find people collecting seaweed by the basketful. Dulse, the purplish-brown plant they're gathering from the rocks, is a gem of the North Atlantic. Once gathered and sun-dried, it will be shipped to specialty markets all over the world.

New Brunswick's dulse (say it like "pulse") is one example of a growing infatuation with eating seaweed. This family of nutrient-packed sea vegetables has been turning up everywhere from school lunches (where savvy parents swap it for potato chips) to gourmet restaurant fare. Why all the love? Let's just say that, as foods go, seaweed is pretty super: dulse, along with being a good source of potassium and iron, boasts loads of iodine, necessary in the regulation of the thyroid gland and usually found only in seafood or iodized salt.

You can enjoy dulse in many forms. It has a salty, of-the-sea flavor and comes either in flakes or in bags of dried strips. Crumble it over soups (*like our Tofu & Vegetable Stew, page 72*) or salads (*like our Rice Noodle & Edamame Salad, page 69*). Or, if you can't resist, try it straight out of the bag. As certain basket-slinging locals of New Brunswick will tell you, that's just the way to enjoy it. —**Doug Scott**



PHOTOGRAPHY BY Malcolm Brett

The Health Foodie

Every weekday Daphne Oz, author of *The Dorm Room Diet* (Newmarket, 2006) and daughter of Dr. Mehmet Oz, brings her health-conscious, clean-living perspective to ABC's food-focused daytime talk show *The Chew*. We caught up with the busy 26-year-old to talk about how she stays healthy.

—Michelle Edelbaum

Get the Recipe
Get Daphne Oz's veggie chili recipe and a video for Dr. Oz's 7-minute workout at eatingwell.com/go/oz

How would you describe your food philosophy? I'm really committed to a plant-based diet from a health standpoint so I don't cook a lot of meat. But there are food experiences I don't want to miss out on. So on *The Chew* I'll have a couple of delicious bites of everything that my co-hosts Mario [Batali] and Michael [Symon] make. I call my approach "meat for treats."

What's one of your favorite meals to cook at home? Veggie chili. It's one of those meals I make on a Sunday that lasts three days and it gets better every day afterward. I made it on *The Chew* the first week we were on air and, to this day, people are still telling me how much their families enjoy it.

Did you have an "aha" moment in thinking about how food impacts your health? When I was 15 my dad took me into the operating room with him and showed me fat being squeezed out of a clogged artery. I realized that you have a choice: are you going to end up on an operating-room table or are you going to end up having quality of life? Seeing the effects of bad food choices and how preventable the result is really made a difference in the career I chose.

What's one healthy thing you do every day? In addition to my regular workout routine, I start my day with this 7-minute workout routine my dad does, that's basically a series of yoga moves and push-ups. You literally roll out of bed and do the routine on the floor. It really wakes me up, gets my blood pumping and starts my day from a point of being very centered.

Green Washing?

Washing a load of dishes (12 place settings) by hand uses on average 27 gallons of water and 2.5 kilowatt-hours of energy to heat the water—equivalent to running a hair dryer for 2½ hours—says a study out of the University of Bonn in Germany. By comparison, an energy-efficient dishwasher uses about 4 gallons of water and 1 kWh of energy per load. (And over the course of a year, using the dishwasher saves more than 400 hours of labor!) Researchers also found that dishwashers cleaned better, as half of the hand-washers failed to reach an "acceptable level" of cleanliness.

Lower your carbon footprint even more—and save money—with these tips.

- Scrape food off plates before loading the dishwasher, but don't pre-rinse.
- Only run a full load and load it per the manufacturer's suggestions for maximum cleaning.
- No dishwasher? Hand-wash dishes right away (you'll use less water when there's no stuck-on crud). *—Pablo Päster*

Learn From Julia Child's Mistakes. Read her wonderful collected correspondence in *As Always, Julia* (Houghton Mifflin Harcourt, paperback, 2012), and it becomes clear that not only did the doyenne of French cuisine's *beurre blanc* not always turn *blanc*, but that this sort of trial-and-error was exactly how she perfected her recipes.

Green Choices
Trying to make more good choices? Get the lowdown on paper vs. plastic, bottled vs. tap water and more at eatingwell.com/go/goodchoices.

PHOTOGRAPHY BY Ida Mae Astute/ABC (bottom left); ILLUSTRATION BY Simon Spilsbury

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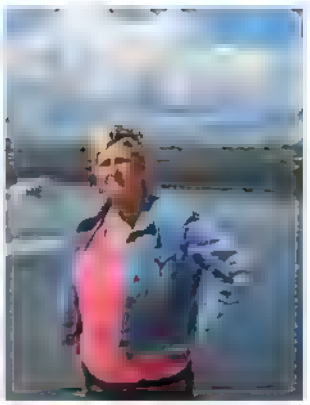
Radishing Beauty

The sweet, crisp, refreshing watermelon radish adds a splash of color to summer salads. Opt for very firm ones with a vibrant sheen to their skin.

Prep: Store up to 5 days in the crisper. To use, wash and trim. Watermelon radishes are excellent sliced thin as a base for canapés or cut into matchsticks in a salad. Try them in our kimchi-inspired slaw on page 38.

Good Catch



Need help deciding what kind of shrimp to buy? Check out **"Ask Stacy"** on page 85

Shrimp farmer Linda Thornton can glance out any window of her home in Belize and see what she's contributed to sustainable aquaculture. Her view: 405 acres of pine savannah containing the four glistening ponds that make up Cardel Shrimp Farm.

Founded in 2006, Thornton's farm is hardly typical of cultivated shrimp. Her industry is one often defined by grossly unsanitary conditions compensated for by overused antibiotics. The resulting chemical and organic waste often leaches into the surrounding environment and wreaks havoc on local fisheries and wetlands. When it comes to shrimp, many people see "farm-raised" as a label to avoid.

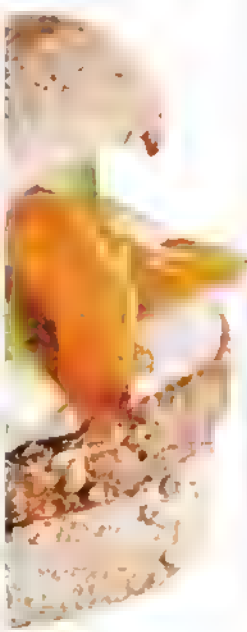
Thornton is looking to change all this. Her team stores and recycles pond water (thus allowing them to avoid the use of chemicals or antibiotics) and replants mangroves to filter out excess nutrients that can be harmful to surrounding wildlife. They are currently building 50 additional acres of ponds and are planning to create a large aquaponics system, which will repurpose the nutrient-rich waste water to cultivate organic vegetables.

As if all that isn't enough, Thornton worked with the World Wildlife Fund to complete global certification standards for farmed shrimp products. The final draft of these standards, released in December, will help minimize the environmental and social impact of shrimp farms around the world—and make it clearer which shrimp to buy in the supermarket. Not bad for a woman who first came to Belize on a vacation paid for by a tax refund. —*Molly Forman*

Grill-Side Guide

It's burger season! Indulge without ruining your diet with these simple, cookout-ready strategies—and save more than 400 calories while still enjoying all the flavor!

	Watch Out For	If You're a Guest...	If You're a Host...
The Bun	The **236 "empty" calories** in a normal, white-bread bun	Scoop out the inside of the bun, reducing calories by 25% (save **59 calories**).	Serve whole-wheat English muffins and cut **121 calories** (and add **2 g fiber**!).
The Patty	A hefty 6 ounces of beef with 11 g of saturated fat and **460 calories**.	Cut your overcooked burger in half and eliminate **203 calories**.	Make 4-ounce patties of 90%-lean beef and slash **231 calories** and **6 g saturated fat**.
The Toppings	A puddle of sodium-packed ketchup and mustard and a square of fatty cheese add **84 calories**.	Go Mexican! Scoop a tablespoon of guacamole from the chips table and drop **65 calories** and **517 mg sodium**.	Offer grilled vegetables, like peppers and onions, as toppings to save **72 calories, 585 mg sodium** and **3 g saturated fat**.
Total Calories	**780 calories**	**453 calories**	**356 calories**



PHOTOGRAPHY BY: Bryan McCay (top left; bottom left), Dean Forman (top right) © HD Connelly; Fotolia.com (bottom right); Peter Andito (opposite)

Make Better Burgers

Find delicious recipes for low-cal burgers at eatingwell.com/go/burgers

Slimmed-Down Sips & Chips

Nothing says summer like a citrusy margarita, the crisp bite of tortilla chips and creamy guacamole. Believe it or not, it's easier than you think to keep these Cinco de Mayo favorites calorie-conscious too. With a few easy tweaks, you can save 380 calories at fiestas all summer long...and send your bathing-suit blues on a permanent vacation.

Ditch the sugary margarita mix and try this fresh recipe instead—it has about 150 fewer calories.

Replace half the avocado with cooked zucchini to cut about 100 calories and 6 grams of fat.

Bake your own chips to save about 130 calories.

Classic Margarita

Combine 1 tablespoon each lime zest and kosher salt on a small plate. Combine ½ cup fresh lime juice, 1 cup seltzer, 6 ounces tequila and 3 ounces Triple Sec in a pitcher. Rub the rims of 4 glasses with a lime wedge and dip in the lime-salt. Fill the glasses with ice and top with the margarita mixture

Per serving (⅔ cup): 181 calories.

Homemade Tortilla Chips

Coat both sides of 8 corn tortillas with cooking spray and cut into quarters. Spread on 2 large baking sheets; sprinkle with ¼ teaspoon salt. Bake at 375°F, on the middle and lower racks, rotating the pans from top to bottom and stirring once halfway through, until crisp, 14 to 18 minutes

Per serving (8 chips): 169 calories

Skinny Guacamole

Place 1 diced large zucchini in a microwave-safe dish; cover with a damp paper towel and microwave until tender, 4 to 5 minutes. Drain in a sieve. Mash in a bowl with 1 ripe large avocado, ¼ cup each chopped cilantro and onion, 2 minced garlic cloves, 2 tablespoons lime juice, ½ teaspoon hot sauce and ¼ teaspoon salt.

Per serving (½ cup): 96 calories.

Host a Fiesta!

Get budget-friendly recipes for your Cinco de Mayo fiesta at **eatingwell.com/go/cincodemayo.**

Power Couples

New research shows that some foods are more nutritious when eaten together. Here are four duos to try:

Broccoli + Mustard

Raw broccoli is a good source of the powerful cancer-fighting compound sulforaphane. But cooking destroys the enzyme (myrosinase) in broccoli that makes sulforaphane available to your body. The fix? Combine broccoli with mustard (yes, the condiment) or another raw cruciferous veggie, such as wasabi or arugula—the extra dose of myrosinase will help you absorb more sulforaphane, reveals a 2011 study published in the *British Journal of Nutrition*.

Coffee + Sugar

If you take your coffee with sugar, good news—it may make you more productive on the job, suggests a small 2010 study published in the journal *Human Psychopharmacology: Clinical and Experimental*. When study participants drank the two together, researchers found that areas of the brain associated with attention worked more efficiently than when sipped solo. If you don't like coffee, try green tea with a drizzle of honey.

Adzuki Beans + Raspberries

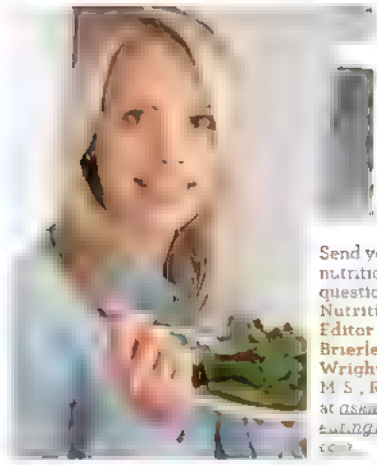
Pairing adzuki beans—classically used in Japanese desserts—with raspberries may bump up the duo's antioxidant power by 45 percent, according to a 2011 study in the *Journal of Agricultural and Food Chemistry*. That was the biggest boost researchers saw among 55 combinations of different fruits, veggies and legumes. Top a spinach salad with adzukis; for dessert, dig into fresh raspberries.

Turmeric + Fish

Curcumin (a component of turmeric) and DHA (an omega-3 fat in oily fish) protect against certain cancers by keeping cancer cells from multiplying. Combining the two may slow tumor growth and the spread of a type of breast cancer cells more so than when the compounds interact with the cancer cells separately, says a 2011 study in *BMC Cancer*. Researchers think DHA helps cells to utilize curcumin. Rub salmon or trout with turmeric or curry (a spice blend containing turmeric). —*Jessica Girdwain*

More Power Pairs

Find more foods that are better together at eatingwell.com/go/powerpairs.



Send your nutrition questions to Nutrition Editor Brierley Wright, M S , R D at [illegible]

Ask Brierley

Should I try the Paleo Diet? —J. Coates, via e-mail

A: Our diet and lifestyle have evolved more quickly than our physiology, leading to health and weight problems, say proponents of the Paleo Diet. So this diet tries to replicate what our hunter-gatherer ancestors ate: lean protein (game meats, wild-caught fish, free-range chicken and grass-fed beef, eggs), "natural" carbohydrates (fruits, vegetables) and nuts. And you avoid grains, legumes, dairy, sugar, salt and processed foods.

The diet offers a little more protein and fat than the average American diet. But the protein is leaner and the fat has a healthier profile (e.g., more mono- and polyunsaturated fats, less saturated fat). It's roughly the same amount of carbs, but they're mostly from an abundance of fruits and vegetables—and not cereal, bread, etc.—so there's nearly 5 times more fiber.

As for weight loss, there's very little research to suggest this diet helps—and the studies that do exist are small. There is, however, a growing body of research that shows it may help to improve heart health and, for people with diabetes, improve blood sugar (glucose) control.

Bottom Line: The Paleo Diet may help you kick-start weight loss (protein and fiber help you feel satisfied), but ultimately you should stick to a more balanced diet that's less limited. By skipping dairy you could miss out on calcium and vitamin D. And you could fall short on carbohydrates, hindering your memory and mood, or on nutrients we typically get from whole grains, such as magnesium.

More Diets Online

Get the scoop on the Raw Food Diet, Dukan Diet & more trendy diets at eatingwell.com/go/trendydiets.

PHOTOGRAPHY BY Ken Burns (broccoli, raspberries, Brierley); Bryan McCay (coffee, adzuki, fish, turmeric); Kritsada Panichgul (mustard); Greg Scherdemann (sugar). ILLUSTRATION BY Sami Sin

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The Eat-What-You-Love Diet

Is it time to ditch dieting? This expert says yes. Here's how you can have your cake, enjoy it and maybe even shed a few pounds in the process. By Kerri-Ann Jennings, M.S., R.D.

ILLUSTRATION BY Andrew Bannecker

Evelyn Tribole, M.S., R.D., may be one of the only dietitians to tell you to eat French fries and chocolate cake. But her advice is sensible and practical when applied within the context of her intuitive-eating principles—a way of eating that emphasizes a healthful mind-set about food versus focusing on "good" and "bad" foods.

A competitive runner who qualified for the 1984 Olympic marathon trials, Tribole's interest in nutrition stemmed from wanting to know what to eat to run faster. It wasn't until the early 1990s, when she was working with celebrities at Columbia Pictures and was frustrated when they regained weight they lost, that she looked into the psychology behind eating. Now, rather than suggesting diets where people can only eat this and not that, she tells them to eat anything. The catch: they must recognize when they're hungry, eat only when they are and then stop when they feel satisfied

What is intuitive eating?

It's an approach that helps you have a healthy relationship—mentally and physically—with food. Intuitive eating is the opposite of dieting. you reject rules for what to eat and not eat. Instead you listen to and trust your body's natural cues of hunger and fullness. In other words, you eat when you're hungry and stop when you're full. If you're following dieting rules and feeling unsatisfied, chances are you're constantly thinking about food. When you eat intuitively, you pay attention to whether a meal was enjoyable and whether it sustained you for the next few hours

Can eating intuitively help someone lose weight?

Well, first I want to say that research suggests that dieting doesn't work—many studies have shown that even when dieters lose weight they often end up regaining what they lost, and sometimes even more. But a series of studies done in Italy that taught people to essentially eat intuitively found that people who needed to lose weight lost and those who didn't need to lose maintained their weight eating this way. I've seen this in my patients too If they're already at a healthy weight, then their weight stays in the healthy range, and if they need to lose, they naturally do. The problem is a lot of people still want to be thinner, even if they're at a healthy weight.

How can someone start eating intuitively?

The quiz [*opposite*] is a good way to home in on what you need to work on. Do you have rigid rules about food? Are you an emotional eater? Can you recognize hunger? Generally I find that

hunger is a good place to start. If someone doesn't know how to recognize when they're hungry or full, it's going to be hard to tackle the other principles, like ditching strict food rules. A lot of people are good at the extreme—"I'm going to pass out, I'm so hungry"—but they miss gentle hunger signs and as a result they get too hungry, which makes it easy to overeat. And often people don't pay attention when they eat, so they eat well past the point of being satisfied.

How can people cue into feeling full if they're not used to doing so?

Start by taking time out to listen to your body and what you need. In the beginning pick one meal a day to really pay attention to—while you're eating truly taste the food and notice what's going on in your body. Ask yourself how the food tastes. Is it meeting your expectation? Where's your hunger level? Where's your fullness? Are you satisfied? All of this can be incredibly difficult to do. People are so used to checking e-mail, reading or having the TV on that eating a meal without any distraction is a good first step. Doing so can be very freeing.

Intuitive eating includes this idea of "unconditional permission to eat," meaning no food is taboo. But will this lead people to eat too many "forbidden" foods?

I hear this a lot. When you remove the guilt from eating certain foods and know that you can have it again another time, you get to ask yourself, "How does the food taste? Am I satisfied? Do I like how I feel physically?" I had a patient who was addicted to French fries, and what she discovered by giving herself permission to eat them was "while I do love French fries, I'm no longer willing to have them when they're cold and limp" and she ended up having them less and less often and only when they were perfect. Even if someone's been eating this food for a long time, when they give themselves permission it's often the first time they're truly tasting it.

You've talked about how it's OK to eat French fries and chocolate, but where does healthy eating come in?

Once you're in touch with your hunger, fullness and satisfaction, then you integrate health. You can think about what your body might need nutritionally. When people are attuned to their bodies, healthy eating actually feels good and is not done out of penance.

Are You an Intuitive Eater?

This quiz can help you figure out if you eat intuitively or if there are areas you might need to work on.

Unconditional Permission to Eat

yes no

- ○ ○ 1. I try to avoid certain foods high in fat, carbs or calories.
- ○ ○ 2. If I am craving a certain food, I don't allow myself to have it.
- ○ ○ 3. I follow eating rules or diet plans that dictate what, when and/or how to eat.
- ○ ○ 4. I get mad at myself for eating something unhealthy.
- ○ ○ 5. I have a list of forbidden foods.

Eating for Emotional Rather Than Physical Reasons

yes no

- ○ ○ 1. I find myself eating when I'm feeling emotional (anxious, sad, depressed), even when I'm not physically hungry.
- ○ ○ 2. I find myself eating when I am bored.
- ○ ○ 3. I cannot stop eating when I feel full.
- ○ ○ 4. I find myself eating when I am lonely.
- ○ ○ 5. I use food to help me soothe my negative emotions.
- ○ ○ 6. I find myself eating when I am stressed.

Reliance on Internal Hunger/Satiety Cues

yes no

- ○ ○ 1. I cannot tell when I am slightly full.
- ○ ○ 2. I cannot tell when I am slightly hungry.
- ○ ○ 3. I do not trust my body to tell me when to eat.
- ○ ○ 4. I do not trust my body to tell me what to eat.
- ○ ○ 5. I do not trust my body to tell me how much to eat.
- ○ ○ 6. When I am eating, I cannot tell when I am getting full.

Scoring: Each "yes" statement indicates an area that likely needs some work. The section with the greatest amount of "yes" responses indicates the area that needs the most attention.

Quiz adapted from *Intuitive Eating* by Evelyn Tribole, M.S., R.D., and Elyse Resch, M.S., R.D., F.A.D.A. (St. Martin's Griffin, 2003) and adapted from Tracy Tylka's research on intuitive eaters.

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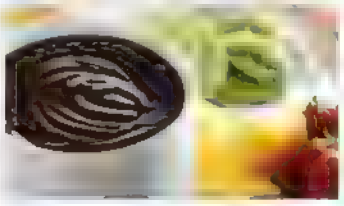
WHAT DO YOU FEEL LIKE?

YUMMY FONDUE?

Traditional Cheese Fondue



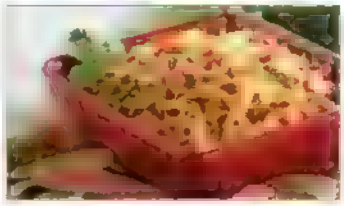
Chocolate Orange Fondue

Spinach and Artichoke Fondue

FRESH SALSA?

Salsa Verde

California Salsa



Pineapple Salsa

TASTY DIP?

Red Pepper Hummus

Guacamole

Horseradish Cheese Dip

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healthy in a hurry

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Fill-It Skillet Suppers

fresh picks p 33
Nectarine Dream

4 ways p 36
Juicy Pork Chops

spice-it-up thursday
Bell Pepper & Beef Curry

5min 10min 15min 20min 25min 30min 35min 40min 45min

Fill-It Skillet Suppers

Singing the praises of the pan that can do it all

Like Johnny Appleseed setting off with a pocketful of hope and a saucepan for a hat, my children have begun to make their way in the world. They don't have to wear their pots—but their kitchens are tiny enough that they have to choose carefully. Microwave *or* toaster? Saucepan *or* skillet? I say skillet—a pan you can cook your whole dinner in. And it will do a better job of keeping off the rain.

The five recipes here make a good case for stocking your kitchen with *two* large skillets: nonstick and stainless-steel. For gingery, Indian-inspired Chickpea & Potato Hash, a nonstick skillet keeps the potatoes from clinging too tenaciously. Another night, cook tender gnocchi and shrimp using minimal oil. Steak for a beef curry browns nicely in a stainless-steel skillet and the flavors build as each ingredient joins the pan. And I'm especially glad for Garlic Chicken, a fabulous skillet version of the classic "chicken with 40 cloves of garlic," a dish my kids will come home for.

Either way, skillets are essential to making a quick, easy, only-one-pan-to-wash dinner tonight. Wear one proudly, and spread the word. **—Wendy Ruopp**

meatless monday
Chickpea & Potato Hash

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monday

super-simple tuesday

wednesday

thursday

friday

Chickpea & Potato Hash

hff

Makes: 4 servings
Active time: 25 minutes **Total:** 25 minutes
Cost per serving: under $2

The eggs cook right on top of this zippy hash—cook them a few extra minutes if you prefer hard-set eggs. **serve with:** Warm pita bread and cucumber, mint and yogurt salad *(Photograph: page 24)*

- **4 cups frozen shredded hash brown potatoes**
- **2 cups finely chopped baby spinach**
- **¼ cup finely chopped onion**
- **1 tablespoon minced fresh ginger**
- **1 tablespoon curry powder**
- **½ teaspoon salt**
- **¼ cup extra-virgin olive oil**
- **1 15-ounce can chickpeas, rinsed**
- **1 cup chopped zucchini**
- **4 large eggs**

1. Combine potatoes, spinach, onion, ginger, curry powder and salt in a large bowl.
2. Heat oil in a large nonstick skillet over medium-high heat. Add the potato mixture and press into a layer. Cook, without stirring, until crispy and golden brown on the bottom, 3 to 5 minutes.
3. Reduce heat to medium-low. Fold in chickpeas and zucchini, breaking up chunks of potato, until just combined. Press back into an even layer. Carve out 4 "wells" in the mixture. Break eggs, one at a time, into a cup and slip one into each indentation. Cover and continue cooking until the eggs are set, 4 to 5 minutes for soft-set yolks.

Per serving: 382 calories; 20 g fat (4 g sat, 13 g mono); 186 mg cholesterol; 37 g carbohydrate; 0 g added sugars; 14 g protein; 6 g fiber; 562 mg sodium; 447 mg potassium. **Nutrition bonus:** Vitamin C (39% daily value), Vitamin A (36% dv)

Tilapia with Tomato-Olive Sauce

h✗w h♥h

Makes: 4 servings
Active time: 20 minutes **Total:** 20 minutes
Cost per serving: under $2.50

Top tilapia fillets with a savory 5-minute sauce. Look for tapenade near jarred olives in the supermarket. **serve with:** Sautéed broccolini and farro tossed with toasted almonds.

- **1¼ pounds tilapia**
- **¼ teaspoon salt**
- **¼ teaspoon freshly ground pepper**
- **2 tablespoons extra-virgin olive oil, divided**
- **1 pint grape or cherry tomatoes, halved if large**
- **¼ cup dry white wine**
- **3 cloves garlic, finely chopped**
- **3 tablespoons olive tapenade**

1. Sprinkle tilapia with salt and pepper. Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add the fish and cook (in two batches if necessary),

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INGREDIENTS

1 package (12oz) al fresco® Spinach & Feta Chicken Sausage
1 jar (15oz) Classico® Light Creamy Alfredo Pasta Sauce
8 ounces fettuccini pasta
2 Tbsp extra virgin olive oil
4 cloves garlic, peeled and minced
1/4 cup chopped white onion
1 Tbsp finely chopped rosemary
1/2 cup julienned sun-dried tomatoes
1/2 cup shredded parmesan cheese
1/2 cup crumbled feta cheese
Cooking spray
9oz fresh baby spinach leaves, rinsed

INSTRUCTIONS

1. Cut chicken sausages on a diagonal 1/4" thick.
2. Cook fettuccini using package directions. Drain, reserving 1/4 cup of pasta water.
3. Coat large skillet with cooking spray. Heat over high heat, add olive oil, sauté garlic & onion for 2 min.
4. Add sausage, sauté 3-4 min. Fold in pasta, rosemary, tomatoes & cheese. Add alfredo sauce and pasta water. Simmer 8-10 min.
5. Toss in baby spinach, stir incorporating all ingredients.
6. Remove from heat, serve immediately.

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Garlic Chicken

make this for 2:

Halve all the ingredients, using about 3 tablespoons each wine and chives (or scallion greens), and prepare in a medium skillet.

turning once halfway through, until golden brown and just opaque in the center, 4 to 6 minutes total. Transfer the fish to a serving platter; tent with foil to keep warm.

2. Off the heat, add the remaining 1 tablespoon oil, tomatoes, wine and garlic to the pan. Return to medium heat, cover and cook, stirring occasionally, until most of tomatoes are broken down, 4 to 5 minutes. Stir in olive tapenade and cook for 1 minute more. Serve the fish with the sauce.

Per serving: 247 calories; 11 g fat (2 g sat, 6 g mono); 71 mg cholesterol; 4 g carbohydrate; 0 g added sugars; 29 g protein; 1 g fiber; 381 mg sodium; 626 mg potassium. **Nutrition bonus:** Potassium & Vitamin C (16% daily value).

Garlic Chicken

how much

Makes: 4 servings, 2 drumsticks & about ⅓ cup sauce each
Active time: 40 minutes **Total:** 40 minutes
Cost per serving: under $2.50

Whole garlic cloves are mild when simmered with chicken in a simple white wine-mustard sauce. **serve with:** Smashed potatoes with buttermilk and sautéed green beans.

- **2 heads garlic, cloves separated**
- **8 chicken drumsticks (about 2½ pounds), skin removed, trimmed**
- **½ teaspoon salt, divided**
- **¼ teaspoon freshly ground pepper**
- **3 tablespoons extra-virgin olive oil**
- **½ cup white wine**
- **1 cup reduced-sodium chicken broth**
- **2 teaspoons Dijon mustard**
- **2 teaspoons all-purpose flour**
- **⅓ cup chopped fresh chives *or* scallion greens**

1. Lightly smash garlic cloves with the side of a large knife to loosen the skins. Peel, cut larger ones in half. Sprinkle chicken with ¼ teaspoon salt and pepper.

2. Heat oil in a large skillet over medium heat. Add the garlic and cook, stirring, until beginning to brown, about 2 minutes. Remove to a plate with a slotted spoon.

3. Add chicken to the pan and cook until browned on one side, about 4 minutes

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Turn it over and return the garlic to the pan. Add wine and cook for 1 minute.

4. Whisk broth, mustard, flour and the remaining ¼ teaspoon salt in a small bowl. Add the mixture to the pan; bring to a boil, then reduce the heat to maintain a lively simmer. Cover and cook until the chicken is cooked through, 8 to 10 minutes. Serve sprinkled with chives (or scallion greens).

Per serving: 343 calories, 17 g fat (3 g sat, 10 g mono); 108 mg cholesterol; 7 g carbohydrate, 0 g added sugars; 35 g protein; 0 g fiber; 576 mg sodium; 426 mg potassium. **Nutrition bonus:** Zinc (27% daily value).

Bell Pepper & Beef Curry

how: stir-fry

Makes: 4 servings, about 2 cups each
Active time: 35 minutes **Total:** 35 minutes
Cost per serving: under $4

The heat and salt level can vary widely in red curry paste depending on the brand—taste as you go. (*Photograph: page 23.*)

serve with: Noodles and a basil-and-jicama salad.

- **1 pound beef sirloin *or* strip steak, trimmed, thinly sliced**
- **¼ teaspoon salt**
- **¼ teaspoon freshly ground pepper**
- **1 tablespoon plus 2 teaspoons canola oil, divided**
- **8 ounces green beans, trimmed, cut into 2-inch pieces (about 2 cups)**
- **2 red bell peppers, cut into thin, 2-inch strips**
- **1 14-ounce can "lite" coconut milk**
- **2 tablespoons red curry paste**
- **1 large mango, cut into 1-inch chunks**
- **4 lime wedges**

1. Sprinkle beef with salt and pepper. Heat 1 tablespoon oil in a large skillet over medium-high heat. Add the beef and cook, stirring occasionally, until browned, 2 to 3 minutes. Transfer to a plate with a slotted spoon and drain any liquid from the pan; wipe out the pan.

2. Reduce heat to medium. Add the remaining 2 teaspoons oil, green beans and bell peppers to the pan and cook, stirring, just until the beans begin to color, 2 to 4 minutes. Combine coconut milk and curry paste and pour the mixture into the pan. Bring to a simmer. Cover and cook until the vegetables are just tender, 2 to 3 minutes. Return the beef and any juices on the plate to the pan along with mango, cook, stirring once or twice, until heated through, 2 to 3 minutes. Serve with lime wedges.

Per serving: 368 calories; 18 g fat (7 g sat, 6 g mono); 60 mg cholesterol; 27 g carbohydrate, 0 g added sugars; 27 g protein, 5 g fiber; 356 mg sodium; 690 mg potassium. **Nutrition bonus:** Vitamin C (237% daily value), Vitamin A (78% dv).

Skillet Gnocchi with Shrimp & Asparagus

how: sauté

Makes: 4 servings, about 1½ cups each
Active time: 30 minutes **Total:** 30 minutes
Cost per serving: under $5

The gnocchi cooks right in the skillet, along with shrimp, shallots, asparagus and Parmesan cheese. Look for shelf-stable gnocchi near other pasta. **serve with:** Baby arugula salad with vinaigrette and a glass of pinot grigio.

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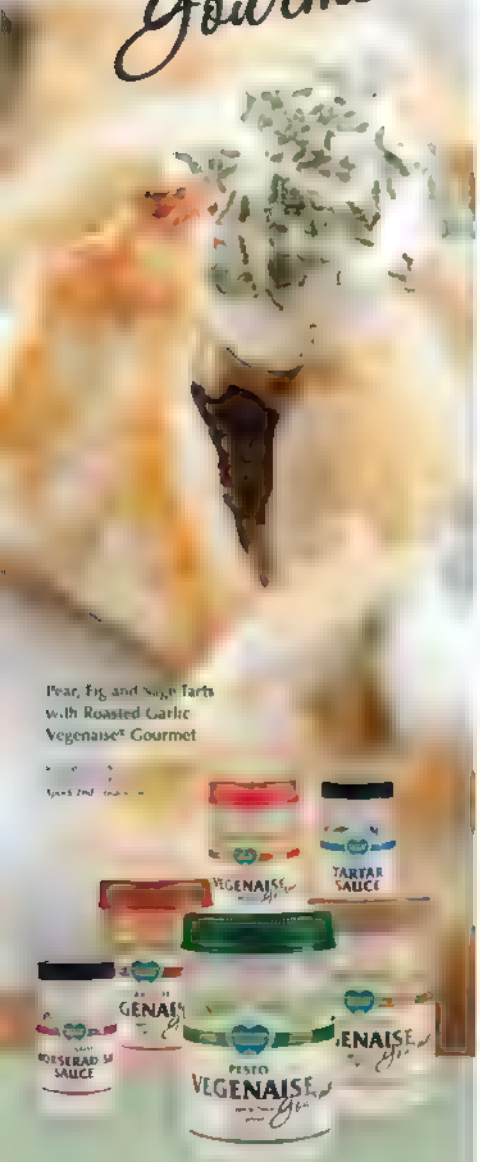

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Skillet Gnocchi with Shrimp & Asparagus

- **1 tablespoon plus 2 teaspoons extra-virgin olive oil, divided**
- **1 16-ounce package shelf-stable gnocchi**
- **½ cup sliced shallots**
- **1 bunch asparagus (about 1 pound), trimmed and cut into thirds**
- **¾ cup reduced-sodium chicken broth**
- **1 pound raw shrimp (26-30 per pound), peeled and deveined, tails left on if desired**
- **¼ teaspoon freshly ground pepper**
- **Pinch of salt**
- **2 tablespoons lemon juice**
- **⅓ cup grated Parmesan cheese**

1. Heat 1 tablespoon oil in a large nonstick skillet over medium heat. Add gnocchi and cook, stirring often, until plumped and golden in spots, 6 to 10 minutes. Transfer to a bowl.

2. Add the remaining 2 teaspoons oil and shallots to the pan; cook over medium heat, stirring, until beginning to brown, 1 to 2 minutes. Stir in asparagus and broth. Cover and cook until the asparagus is barely tender, 3 to 4 minutes. Add shrimp, pepper and salt; cover and simmer until the shrimp is pink and just cooked through, 3 to 4 minutes more.

3. Return the gnocchi to the skillet along with lemon juice and cook, stirring, until heated through, about 2 minutes. Remove from the heat, sprinkle with cheese, cover and let stand until the cheese is melted, about 2 minutes.

Per serving: 464 calories; 10 g fat (2 g sat, 5 g mono), 149 mg cholesterol; 65 g carbohydrate; 0 g added sugars; 28 g protein; 3 g fiber; 511 mg sodium; 339 mg potassium. **Nutrition bonus:** Folate (29% daily value), Vitamin C (25% dv), Vitamin A (22% dv), Iron (21% dv), Calcium (20% dv).

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Nectarine Dream

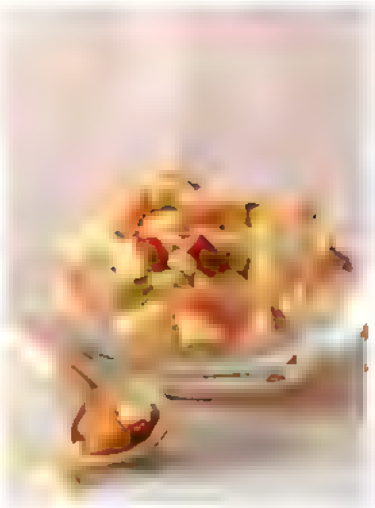
Nectarines add such stunning colors and vibrant flavors to dishes that it's easy to get carried away

Nectarines are just like peaches—the two are, in fact, varieties of the same species—but don't mix them up. As David Mas Masumoto, a writer, peach evangelist and third-generation stone-fruit farmer in California's Central Valley (home to 90 percent of the U.S. nectarine crop) will tell you, their differences are almost existential: "I always think of nectarines as having a bigger ego," he says. "When you find that right balance between acids and the sugars in a ripe nectarine it just dances in this almost erotic way."

A bit extreme? Maybe, but we see his point. Slice a ripe, blushing nectarine into your next dish—like our Nectarine, Corn & Tomato Relish or Nectarine & Prosciutto Salad—and taste how the flavor explodes in your mouth. Grill them with a little mascarpone and tarragon and you've got a dazzling, sophisticated dessert. Just be warned: once you start exploring the red-splashed and woody-scented world of nectarines, it's hard to know when to quit. Erotic nectarines? No wonder they're blushing.

—**Matt Thompson**

Nutrition Bonus Nectarines are a good source of immunity-boosting vitamin C, blood-pressure-boosting potassium and vitamin A, which promotes eye health.



Nectarine & Prosciutto Salad

Makes: 4 servings, about 2 cups each
Active time: 20 minutes **Total:** 20 minutes

Sweet ripe nectarines pair with peppery arugula and a hit of salty Parmesan and prosciutto in this outstanding side salad.

- **2 tablespoons lemon juice**
- **1 tablespoon finely chopped shallot**
- **1 teaspoon Dijon mustard**
- **1 teaspoon honey**
- **¼ teaspoon salt**
- **3 tablespoons extra-virgin olive oil**
- **8 cups arugula, trimmed if necessary**
- **2 ripe nectarines, cut into wedges**
- **⅓ cup shaved Parmesan cheese (*see Tip, right*)**
- **3 paper-thin slices prosciutto (about 2 ounces), torn into 2-inch strips**
- **Freshly ground pepper (optional)**

Combine lemon juice, shallot, mustard, honey and salt in a large bowl. Whisk in oil until combined. Add arugula and toss to coat. Divide among 4 plates and top with equal portions of nectarine, Parmesan and prosciutto. Serve with a grinding of pepper on top, if desired

Per serving: 212 calories; 15 g fat (4 g sat, 9 g mono); 19 mg cholesterol; 12 g carbohydrate; 1 g added sugars; 9 g protein; 2 g fiber; 611 mg sodium; 327 mg potassium. **Nutrition bonus:** Vitamin A (27% daily value), Vitamin C (22% dv), Calcium (17% dv).

Tip: Shave hard cheeses like Parmesan, Pecorino Romano or Asiago with a vegetable peeler.

Grilled Nectarines with Mascarpone Cream

How

Makes: 8 servings
Active time: 20 minutes **Total:** 20 minutes

Serve these grilled nectarines with lightly sweetened mascarpone (Italian cream cheese) as a first course or a sophisticated dessert. Look for balsamic glaze near balsamic vinegar in well-stocked supermarkets or use honey for a sweeter taste

- **⅓ cup mascarpone cheese**
- **3 tablespoons nonfat plain Greek yogurt**
- **2 teaspoons sugar**
- **1 teaspoon chopped fresh tarragon, plus more for garnish**
- **4 ripe but firm nectarines**
- **1 tablespoon canola oil**
- **8 teaspoons balsamic glaze *or* honey**
- **2 tablespoons sliced almonds, toasted (*see Tip, below*)**

1. Preheat grill to medium-high.
2. Combine mascarpone, yogurt, sugar and 1 teaspoon tarragon in a medium bowl. Refrigerate while you prepare the nectarines.
3. Cut nectarines in half and scoop out the pits. Brush the cut sides with oil. Oil the grill rack (*see Tip, page 86*). Grill the nectarines, cut-side down, until slightly softened and beginning to brown, about 2 minutes.
4. Divide the nectarines among 8 plates. Fill each half with about 1 tablespoon of the mascarpone mixture and drizzle with 1 teaspoon balsamic glaze (or honey). Top with toasted almonds and more chopped tarragon, if desired

Per serving: 149 calories; 11 g fat (5 g sat, 2 g mono); 23 mg cholesterol; 10 g carbohydrate; 1 g added sugars; 3 g protein; 1 g fiber; 14 mg sodium; 154 mg potassium.

Tip: To toast sliced almonds, place in a small dry skillet and cook over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes.

3 more ideas: **1 Serve frozen nectarine slices in a white-wine spritzer. 2 Make a salad with nectarines, cucumber, mint and snap peas dressed with balsamic vinegar and olive oil. 3. Top gingersnaps with part-skim ricotta and thinly sliced nectarine.**

PHOTOGRAPHY BY Peter Arnito. FOOD STYLING BY Joyce Sangirardi/Sublime Management

Nectarine, Corn & Tomato Relish

Makes: 6 servings, about ⅔ cup each
Active time: 15 minutes **Total:** 15 minutes
To make ahead: Cover and refrigerate for up to 1 day

Serve this fresh relish as a wonderful accompaniment to grilled chicken or fish or try it tossed it with whole wheat pasta and a little extra olive oil.

- 3 ripe but firm nectarines, chopped
- 1 cup quartered yellow cherry tomatoes
- ¾ cup fresh corn kernels (from about 1 large ear; *see Tip, below*) or frozen (thawed)
- 2 scallions, sliced
- 1 tablespoon extra-virgin olive oil
- ¼ teaspoon salt
- ⅛ teaspoon freshly ground pepper

Combine nectarines, tomatoes, corn, scallions, oil, salt and pepper in a medium bowl. **Per serving:** 74 calories; 3 g fat (0 g sat, 2 g mono); 0 mg cholesterol; 12 g carbohydrate; 0 g added sugars; 2 g protein; 2 g fiber; 107 mg sodium; 276 mg potassium.

Tip: To remove corn kernels from the cob, stand an ear of corn on one end and slice the kernels off with a sharp knife.

Nectarine & Strawberry Parfait

Makes: 4 servings
Active time: 30 minutes **Total:** 30 minutes
To make ahead: Cover and refrigerate the fruit and yogurt cream in separate containers for up to 4 hours.

The fruit and cream in this parfait are laced with a sweet wine syrup. For a party, make the components ahead and assemble when you're ready to serve.

- ¾ cup sweet white wine, such as Sauternes *or* sweet Riesling
- ½ cup honey
- 2 ripe but firm nectarines, thinly sliced
- 2 cups quartered hulled strawberries
- ½ cup whipping cream *or* heavy cream
- 1 cup nonfat Greek yogurt

1. Combine wine and honey in a small saucepan. Bring to a boil over medium heat; boil until reduced to about ½ cup, 6 to 10 minutes.
2. Combine nectarines and strawberries in a medium bowl and toss with ¼ cup of the wine syrup. Refrigerate the remaining ¼ cup syrup for at least 10 minutes to cool.
3. Beat cream in a medium bowl until stiff peaks form. Fold or beat in yogurt and the cooled wine syrup just until combined.
4. Spoon a scant ¼ cup yogurt-cream into each of 4 dessert glasses or bowls and top with about ½ cup of the fruit mixture. Repeat with another layer of each.

Per serving: 352 calories; 12 g fat (7 g sat, 3 g mono); 41 mg cholesterol; 53 g carbohydrate; 34 g added sugars; 7 g protein; 3 g fiber; 35 mg sodium; 303 mg potassium. **Nutrition bonus:** Vitamin C (82% daily value).

Shopping Tip: Pick fragrant nectarines that give when squeezed. Don't go by color, as many supermarket varieties look red before they're ripe. Ripen a firm nectarine in a paper bag on the counter.

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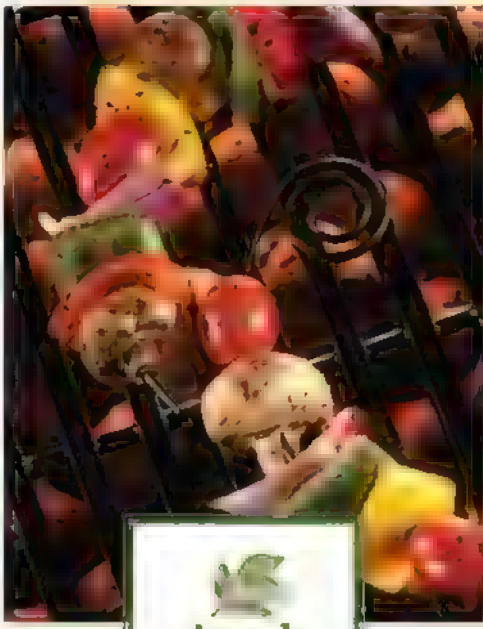

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Juicy Pork Chops

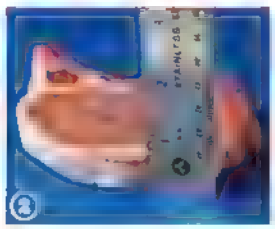
Live high on the hog with 4 mouthwatering recipes for bone-in pork chops

A century ago, tender pork chops were considered a delicacy that only the rich could afford, more expensive than the tougher cuts that were often left to the commoners. Chops come from the upper half of the pig, hence the saying "living high on the hog," meaning living a life of luxury. But today, at around $4.79 per pound, they're a budget-friendly option that everyone can enjoy.

We prefer bone-in pork chops because they are juicier than their boneless counterparts. The bone locks in moisture and slows the heating process, ensuring that the meat closest to it remains moist and tender. And there are lots of ways to cook them. Try stuffing chops with pesto and mozzarella or grill them and serve with an easy microwave rhubarb sauce (*left*). Succulent pork chops are a luxury to be grateful for—no bones about it. **—Hilary Meyer**

Shop, Chop-Chop! Tips for Buying & Prepping Pork Chops

To get single-serving-size chops, buy "pork rib chops" (*above, right*), which only have the loin attached to the bone, and skip "pork loin chops" (*left*), which also have the tenderloin attached.

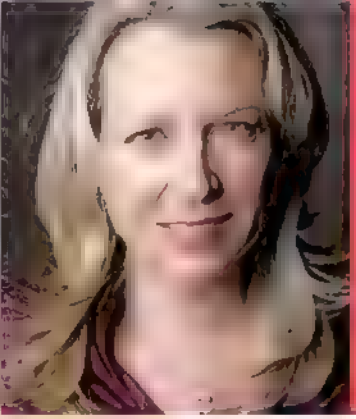


Look for chops that are ½ to ¾ inch thick and weigh 7 to 8 ounces each. They yield 3 to 4 ounces of cooked meat and are done in the time specified in these recipes.

Trim the outside layer of fat from the chops before cooking to reduce the amount of saturated fat.

To make a pocket for stuffing, hold a knife parallel to the cutting board and slice almost through to the bone. *(See Pesto & Mozzarella Stuffed Pork Chops, page 40.)*

PHOTOGRAPHY BY Peter Ardito (recipes); Bryan McCay (techniques). FOOD STYLING BY Joyce Sangirard/Sublime Management



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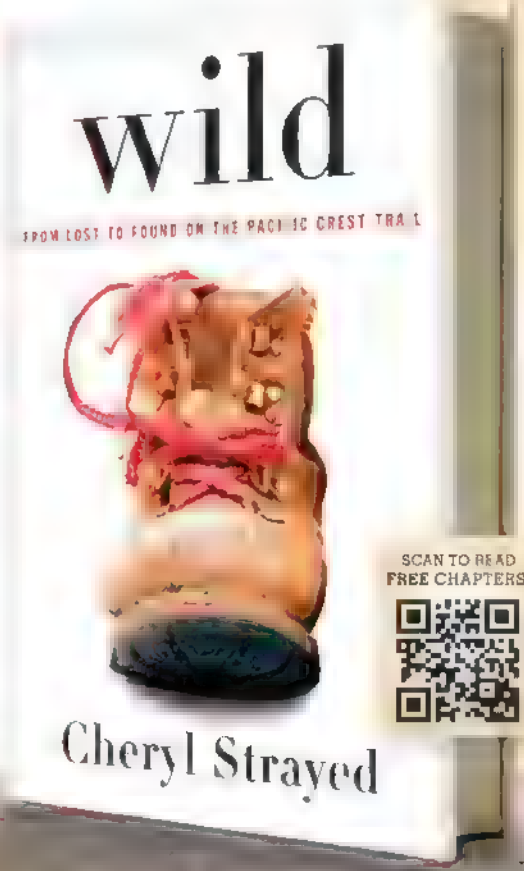

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1] Pork Chops with Quick Rhubarb Sauce

How

Makes: 4 servings, 1 pork chop & ¼ cup sauce each
Active time: 30 minutes **Total:** 30 minutes
Cost per serving: under $3.50

This recipe features a savory rhubarb sauce that can lend itself in the microwave while you grill the chops. *(Photograph: page 36.)*

- **1 tablespoon fresh thyme leaves, chopped, *or* ½ teaspoon dried**
- **1 tablespoon extra-virgin olive oil**
- **½ teaspoon salt, divided**
- **½ teaspoon freshly ground pepper, divided**
- **4 bone-in pork chops, ½–¾ inch thick (about 2 pounds), trimmed**
- **¼ cup 100% pomegranate juice**
- **¼ cup reduced-sodium beef broth**
- **2 tablespoons honey**
- **3 medium shallots, thinly sliced**
- **1½ cups sliced rhubarb, fresh *or* frozen (thawed and drained)**
- **1 teaspoon butter**

1. Preheat grill to medium-high.
2. Combine thyme, oil and ¼ teaspoon each salt and pepper in a small bowl. Smear evenly all over pork chops.
3. Combine juice, broth, honey, shallots and the remaining ¼ teaspoon each salt and pepper in a glass pie pan (*or see "No Microwave?" right*). Microwave, uncovered, on High until reduced by about half, 6 to 9 minutes. Stir in rhubarb and microwave, stirring once, until the rhubarb is beginning to break down, 3 to 6 minutes more. Stir in butter.
4. Meanwhile, oil the grill rack (see *Tip, page 86*). Grill the pork chops, turning once, until cooked through, 2 to 3 minutes per side. Serve with the rhubarb sauce.
Per serving. 303 calories, 13 g fat (4 g sat, 7 g mono); 71 mg cholesterol; 18 g carbohydrate; 9 g added sugars; 28 g protein; 1 g fiber; 412 mg sodium; 561 mg potassium. **Nutrition bonus:** Zinc (17% daily value), Potassium (16% dv).

make this for 2:

Halve all the ingredients; make the slaw in a medium bowl, using just a pinch of cayenne, if desired.

No Microwave? To make rhubarb sauce (Step 3), bring juice, broth, honey, shallots, salt and pepper to a simmer in a medium saucepan and cook until reduced by half, 8 to 12 minutes. Stir in rhubarb and return to a simmer; cover, reduce heat to low and cook until the rhubarb is beginning to break down, about 4 minutes. Stir in butter.

2] Korean-Spiced Pork Chops & Slaw

How **Why**

Makes: 4 servings, 1 pork chop & 1½ cups slaw each
Active time: 35 minutes **Total:** 35 minutes
Cost per serving: under $3.50

Chili powder and garlic, both of which star in Korean cuisine, season grilled pork chops and a cool, tangy slaw. If you can find Korean chili powder use it, otherwise conventional chili powder is fine.

- **3 tablespoons rice vinegar**
- **2 tablespoons plus 1 teaspoon canola oil, divided**
- **3 small cloves garlic, minced, divided**
- **4 teaspoons chili powder, divided**
- **2 teaspoons sugar**
- **1 teaspoon fish sauce *or* reduced-sodium soy sauce**
- **⅛ teaspoon cayenne pepper (optional)**
- **6 cups thinly sliced napa cabbage**
- **4 radishes, cut into matchsticks**
- **4 scallions, thinly sliced into 2-inch lengths**
- **½ teaspoon kosher salt**
- **4 bone-in pork chops, ½–¾ inch thick (about 2 pounds), trimmed**

1. Preheat grill to medium.
2. Whisk vinegar, 2 tablespoons oil, 1 minced garlic clove, 2 teaspoons chili powder, sugar, fish sauce (or soy sauce) and cayenne (if using) in a large bowl until the sugar is dissolved. Add cabbage, radishes and scallions; toss to coat.
3. Place the remaining garlic on a cutting board; sprinkle with the remaining 2 teaspoons chili powder and salt. Mash into a paste with the side of a chef's knife. Combine the paste and the remaining 1 teaspoon oil in a small bowl. Rub both sides of pork chops with the paste.
4. Oil the grill rack (see *Tip, page 86*). Grill the pork chops, turning once, until cooked through, 3 to 5 minutes per side. Serve the

Nutritional Facts: Rib chops have 190 calories, 3 grams saturated fat and 26 grams protein per 3½-ounce serving.

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chops with the slaw
Per serving: 304 calories; 17 g fat (4 g sat, 9 g mono); 67 mg cholesterol; 8 g carbohydrate; 2 g added sugars; 29 g protein; 3 g fiber; 356 mg sodium; 715 mg potassium. **Nutrition bonus:** Vitamin A (41% daily value), Vitamin C (37% dv), Potassium (21% dv), Folate & Zinc (18% dv).

3] Pesto & Mozzarella Stuffed Pork Chops

Makes: 4 servings
Active time: 30 minutes **Total:** 45 minutes
Cost per serving: under $3.50

Pesto gives great flavor to the oozy mozzarella stuffing in these breaded pork chops.

- ½ cup shredded part-skim mozzarella cheese
- 2 tablespoons prepared pesto
- 2 tablespoons plus ⅔ cup fine breadcrumbs, preferably whole-wheat, divided
- 4 bone-in pork chops, ½-¾ inch thick (about 2 pounds), trimmed
- ¼ cup all-purpose flour
- ½ teaspoon salt
- ½ teaspoon freshly ground pepper
- 2 large egg whites
- 2 tablespoons extra-virgin olive oil, divided
- 4 lemon wedges

1. Preheat oven to 425°F
2. Combine mozzarella, pesto and 2 tablespoons breadcrumbs in a small bowl
3. Cut a horizontal slit in each pork chop along the side opposite the bone, nearly through to the opposite side, so it forms a "pocket." Stuff each chop with the cheese mixture (about 2 tablespoons each).
4. Combine flour, salt and pepper in a shallow bowl. Whisk egg whites in another shallow bowl. Place the remaining ⅔ cup breadcrumbs in a third shallow bowl.
5. Dredge each pork chop first in the flour, shaking off the excess, then dip in egg white to coat. Coat on both sides with breadcrumbs, pressing to help the crumbs stick.
6. Heat 1 tablespoon oil in a large nonstick skillet over medium heat. Add 2 pork chops and cook, turning once, until golden brown, 1 to 2 minutes per side. Transfer the pork chops to a baking sheet. Wipe out the pan and repeat with the remaining 1 tablespoon oil and 2 chops.
7. Transfer the baking sheet to the oven

Butcher's Lesson: **Pork chops are cut from the loin, a long strip of tender, lean muscle that runs along the spine. It's a muscle that doesn't get much of a workout, which makes it more tender than the muscles below that work harder.**

Get More Chops
Find more delicious pork chop recipes at eatingwell.com/go/porkchops.

and bake until the pork chops are cooked through, 12 to 15 minutes. Serve with lemon wedges

Per serving: 390 calories; 22 g fat (6 g sat, 12 g mono), 79 mg cholesterol; 12 g carbohydrate; 0 g added sugars; 35 g protein; 1 g fiber; 391 mg sodium; 424 mg potassium. **Nutrition bonus:** Calcium & Zinc (19% daily value).

4] Pork Chops with Creamy Mushroom Sauce

Makes: 4 servings, 1 pork chop & about ⅓ cup sauce each
Active time: 30 minutes **Total:** 30 minutes
Cost per serving: under $4

These seared chops are topped with a rich and creamy sauce that gets flavored with fresh herbs.

- **4 bone-in pork chops, ½-¾ inch thick (about 2 pounds), trimmed**
- **½ teaspoon salt, divided**
- **⅛ teaspoon freshly ground pepper**
- **3 tablespoons extra-virgin olive oil, divided**
- **⅓ cup minced shallots**
- **8 ounces sliced mixed mushrooms, such as cremini, shiitake & oyster**
- **½ cup dry white wine**
- **⅓ cup half-and-half**
- **½ cup chopped fresh herbs, such as chives, tarragon *and/or* parsley**

1. Sprinkle pork chops with ¼ teaspoon salt and pepper. Heat 1 tablespoon oil in a large skillet, preferably cast iron, over medium-high heat. Reduce the heat to medium and add 2 pork chops. Cook, turning once, until cooked through, 5 to 7 minutes. Remove to a plate and tent with foil. Repeat with another 1 tablespoon oil and the remaining chops.
2. Add the remaining 1 tablespoon oil to the pan. Add shallots and mushrooms; cook, stirring frequently until the mushrooms are browned, 2 to 4 minutes. Add wine and the remaining ¼ teaspoon salt, cook, stirring up any browned bits, until the liquid is mostly evaporated, 1 to 3 minutes. Stir in half-and-half and herbs; cook until bubbling, about 1 minute more. Serve the chops with the mushroom sauce
Per serving: 359 calories; 22 g fat (6 g sat, 12 g mono); 75 mg cholesterol; 6 g carbohydrate; 0 g added sugars; 29 g protein, 1 g fiber; 363 mg sodium, 643 mg potassium. **Nutrition bonus:** Potassium (19% daily value), Zinc (18% dv).

Shopping Advice: **Pork should be light red to cherry red, never pale or white. Pale, soft pork sitting in the package in liquid is called PSE (pale, soft and exudative) and indicates pork that comes from animals mishandled during processing.**

INFLAMMATION NATION

IT'S THE HEALTH HAZARD YOU'VE NEVER HEARD OF,

YET IT CONTRIBUTES TO EVERY MAJOR CHRONIC CONDITION FROM HEART DISEASE TO CANCER TO DIABETES. BUT YOU CAN TURN DOWN THE DIAL ON INFLAMMATION WITH THESE 10 DIET AND LIFESTYLE CHANGES. By Holly Pevzner Illustrations by Sarah Wilkins

Marisa Zeppieri-Caruana, 34, didn't look at all sick when she found out. "I was in amazing shape. I was a happy, busy, thin 23-year-old when I started getting strange fevers and feeling extremely tired. My doctor ordered some blood work and that's when I learned that my inflammatory markers were through the roof." Because Zeppieri-Caruana was in nursing school at the time, she knew exactly what that meant: her white blood cells, which typically help fight off illness, were actually wreaking havoc on her once-healthy body.

Under normal circumstances, some inflammation is a good thing: it's your body's natural protective response to an illness or injury. You know how your finger can get red and puffy when you get a cut? That's your white blood cells shielding your wound from contamination and infection. That's acute inflammation. Chronic or systemic inflammation—the kind that Zeppieri-Caruana was dealing with—is when the "protect me" signal misfires. "Essentially, white blood cells inappropriately move into tissues, causing destruction," explains Floyd Chilton, Ph.D., director of the NIH-sponsored Center for Botanical Lipids and Inflammatory Disease Prevention at Wake Forest Baptist Health School of Medicine in North Carolina. This reaction can happen anywhere in your body. "If the haywire inflammatory response happens in the heart, you wind up with heart disease; if it happens in the joint, it's arthritis; in the brain, it might be dementia," Chilton says. In Zeppieri-Caruana's case, her widespread inflammation was a symptom of lupus, an autoimmune, chronic inflammatory condition.

In fact, it's widely believed that chronic inflammation plays a significant role (as either a cause or effect) in many diseases, including type 2 diabetes, autoimmune diseases, such as arthritis and Crohn's disease, and the three top killers in the United States: heart disease, cancer and stroke. Emerging research is focusing on the link between inflammation and brain disorders, including Alzheimer's disease and dementia. Obesity is one of the biggest drivers for inflammation—fat tissue actually produces and secretes over 100 different types of inflammatory messengers. (Losing weight, including through gastric bypass, can significantly lower inflammation markers, according to a 2011 study in the journal *Surgery for Obesity and Related Diseases*.) But obesity is not the only cause: "It's clear that genetics, family history, lifestyle and stress all play a large role in inflammation," says Christopher P. Cannon, M.D., a professor at Harvard Medical School and author of *The Complete Idiot's Guide to the Anti-Inflammation Diet*.

The tricky thing with inflammation is that it sometimes has symptoms, such as pain and lethargy, but often doesn't. You won't know you have inflammation until you get tested. "People who are a little overweight, who have borderline high cholesterol, borderline high blood pressure—those are the people who really need to be tested now," says Cannon. (*A simple and affordable blood test ordered by your general practitioner can diagnose inflammation. See "Get Tested," page 46.*) "If you find elevated markers at that point, you can really help ward off inflammation-rooted problems in the future with aggressive prevention."

Translation: If your doctor sees big issues brewing—or boiling over—you may be put on medication, such as a statin. "Statins can work wonders, greatly

"EATING WELL IS A **REALLY POWERFUL TOOL AGAINST INFLAMMATION**"

lowering inflammation markers and significantly reducing your risk for a cardiac episode," says Cannon. However, diet, exercise and lifestyle changes—such as quitting smoking and losing weight—should be the first line of attack, if possible. "Eating well is a really powerful tool against inflammation," Cannon says. "[An anti-inflammatory diet] is actually not a terribly complicated diet. First, you need to cut back on unhealthy things, such as saturated fat, sugar, refined carbohydrates and processed food." Think in terms of big-ticket items: don't eat steak more than once a week, avoid fried foods and limit ice cream to special occasions. "I don't eat any fried food or drink soda—and I wouldn't be caught dead in a fast food chain anymore," laughs Zeppieri-Caruana. "These changes—along with my meds—have made a world of difference."

In addition to limiting all the unhealthy stuff, you need to ramp up the healthy foods. Says Cannon: "Add in more foods that help alleviate and prevent inflammation, such as ones high in omega-3s, fruits and vegetables and whole grains." A healthy diet, plus key lifestyle upgrades (Healthy weight! No smoking!) can make all the difference.

10 Soothing Solutions

To help you stave off—or tamp down—inflammation

Balance Your Omega Fats. Americans are gorging on too many inflammation-promoting omega-6 fats (found in vegetable oils, such as sunflower and corn, and processed and fast food made with them) and not consuming nearly enough inflammation-soothing omega-3 fats (found in salmon, tuna, flaxseeds, walnuts, canola and olive oils). In short: a diet high in omega-6s and low in omega-3s increases inflammation in the body, says Chilton. To better balance your omega fats, opt for as much fresh, unprocessed food as possible, swap your omega-6-rich corn or sunflower oil for omega-3-packed canola and load your plate with omega-3-rich foods. "If you eat one healthy source of omega-3 fatty acids every day, you'll be doing good things for inflammation," Cannon says. (Omega-3s boost the number of proteins in the body that quell inflammation and also reduce the level of proteins that promote inflammation.) If it proves difficult to get the recommended 1 to 4 grams of omega-3s daily through food (3 ounces of salmon delivers about 2 grams, 2 tablespoons of ground flaxseed has 3 grams), ask your doctor about taking a supplement. A 2011 study out of Ohio State University found that taking fish-oil pills daily (at a dosage of 2.5 grams/day of omega-3s) reduced stress-related production of interleukin-6, a prominent inflammatory marker, by 14 percent.

Get Your *Om* On. A 2010 study in the journal *Psychosomatic Medicine* found that women who had regularly practiced 75 to 90 minutes of Hatha yoga twice-weekly for at least two years had markedly lower levels of interleukin-6 and C-reactive protein (CRP), two key inflammatory markers, compared to those who were new to yoga or practiced less frequently. "A central tenet of yoga is that practicing can reduce stress responses," explains Janice Kiecolt-Glaser, Ph.D., study co-author and professor of psychiatry and psychology at the Institute for Behavioral Medicine Research at Ohio State University College of Medicine. Researchers think that yoga's benefit is that it minimizes stress-related physiological changes.

Up Your Soy. The Food and Drug Administration has indicated that eating 25 grams of soy protein daily helps to reduce your risk of inflammation-driven cardiovascular disease. But according to two 2009 studies, even as little as half that may be helpful. "We saw a reduction in inflammation after drinking just two [12-ounce] glasses of soymilk a day for three months," says study co-author Elvira de Mejia, Ph.D., associate professor of nutrition at the University of Illinois at Urbana. (Each glass contained 6 grams of soy protein.) Apparently, lunasin, a peptide found in soymilk and tofu, in combination with other soy proteins, can quell inflammation. (If you have a hormone-sensitive condition, such as breast cancer or endometriosis, check with your doctor before increasing the amount of soy in your diet.)

Enjoy a Massage. A massage isn't just a treat—it can be part of staying healthy. Receiving a 45-minute Swedish massage can greatly lower levels of two key inflammation-promoting hormones, according to a study in *The Journal of Alternative and Complementary Medicine*. "Massage may decrease inflammatory substances by [appropriately] increasing the amount of disease-fighting white blood cells in the body," says Mark Hyman Rapaport, M.D., co-author of the study. "It may also lower stress hormones. Either way, these inflammation-lowering results can be seen after just one massage."

Limit Bad Fats. The famed Nurses' Health Study out of Harvard (well known for being one of the largest and longest-running investigations into women's health) found that trans-fatty acids are linked to a significant bump in total body inflammation, especially in overweight women. Trans fats can be found in items including fried foods, packaged cookies, crackers, margarines and more. And buyer beware: "Even if a food label reads 0 grams trans fats, it can still contain less than 0.5 gram per serving, so if you eat multiple servings, you could be eating a few grams," advises Erin Palinski, R.D., C.D.E. Instead, check the ingredient list for partially hydrogenated oil. If you see this,

the product contains trans fats. While you're trimming the fat, cut back on the saturated variety as well, replacing butter with olive oil and being choosy about your protein sources. "Saturated fat, found in fatty cuts of meat, whole milk and butter, can convert to pro-inflammatory compounds when digested. Instead, aim to eat more lean proteins, such as fish, white-meat poultry and plant-based proteins like beans," Palinski says.

Eat Your Greens. Here's yet another reason not to skimp on green leafy vegetables, whole grains and nuts: they are all rich in magnesium, a mineral that about 60 percent of us don't consume enough of. "I encourage anyone who's susceptible to inflammation to assess their magnesium intake," says Forrest H. Nielsen, Ph.D., a research nutritionist at the USDA's Grand Forks Human Nutrition Research Center in North Dakota. (Ask your doctor to check your magnesium levels with a blood test.) "There's a lot of evidence that people with high inflammatory markers often have low magnesium levels. Plus, people who have conditions associated with inflammation, like heart disease and diabetes, also tend to have low magnesium levels," Nielsen says. In short: eating more magnesium-rich foods could help lower your chances of inflammation

Keep Stress at Bay. Frequently frazzled? You may be opening the door to inflammation. A recent study in the journal *Brain, Behavior, and Immunity* found that people who have a strong emotional reaction to stressful tasks (you bite your nails when you have to make a presentation at work or get tense when someone presses your buttons) experience a greater increase in circulating interleukin-6 during times of stress than those who take stressful tasks in stride. While stress harms your body in many ways, Cannon puts it like this: "Stress increases blood pressure and heart rate, making your blood vessels work harder. Essentially, you're pounding on them more often and creating damage. If that damage happens over and over, inflammation persists."

Sleep More. If you're not clocking at least 6 hours of restful sleep a night, you're more susceptible to inflammation than those who have a solid night of slumber, according to research presented at the American Heart Association 2010 Scientific Sessions in Chicago. Getting less than 6 hours of sleep was linked to significantly increased levels of three key inflammatory markers—interleukin-6, CRP and fibrinogen.

Exercise Often. Losing excess weight via exercise (or eating better) is a great way to lower inflammation. Working out, however, can lower inflammation even if you don't drop one single pound. The reason? Exercising at about 60 to 80 percent of your maximum heart rate—think brisk walking where you can still talk but it would be difficult to carry on a conversation—lowers levels of the key inflammation marker CRP, Chilton says.

Drink Green Tea. Even if coffee is your beverage of choice, you might not want to bag tea all together—especially the green variety. Green tea is full of potent antioxidants that help quell inflammation. In fact, researchers from Texas Tech University Health Sciences Center in Lubbock recently found that green tea can inhibit oxidative stress and the potential inflammation that may result from it. "After 24 weeks, people who consumed 500 mg of green tea polyphenols daily—that's about 4 to 6 cups of tea—halved their oxidative stress levels," says Leslie Shen, Ph.D., the study's lead author. (The placebo group didn't see a single change.)

GET TESTED: WHAT'S YOUR CRP LEVEL?

"There are hundreds of markers of inflammation, but the most recognized and the one that we can easily test is called C-reactive protein," says Floyd Chilton, Ph.D., director of the NIH-sponsored Center for Botanical Lipids and Inflammatory Disease Prevention at Wake Forest Baptist Health School of Medicine in North Carolina.

CRP is a protein produced by the liver. "Changes in CRP levels are often the first sign of inflammation," says Christopher P. Cannon, M.D., professor of medicine at Harvard Medical School in Boston. "Your CRP level may rise even before you feel any effects of inflammation." In fact, a *New England Journal of Medicine* study found that CRP predicted heart attacks and strokes better than any other laboratory test. "Logic tells us that CRP is also linked to inflammation-related conditions, such as diabetes and arthritis. We're just waiting for the studies to catch up," says Chilton.

C-reactive protein levels in the blood are measured in milligrams per liter (mg/L). It's a simple and affordable blood test your doctor can order. If you have 1 mg/L or more, it's considered high and may indicate chronic inflammation. Talk to your doctor for follow-up advice. However, most acute inflammation shows CRP levels above 10 mg/L. "If your CRP level is above 10 mg/L, I recommend repeating the test after 2 to 3 weeks," says Cannon. "Sometimes inflammation markers are high because you were fighting an infection and not because you have an underlying disease associated with inflammation."

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SIZZLING SUMMER SALADS

If you're looking for something lighter, healthier and tastier than typical grilled fare, cook up [illegible] instead

By [illegible] Photographs by Kevin Kramer

Technically it's still spring but in my mind summer's already here. I've opened the windows and put away the down comforter, said goodbye to winter coats and welcomed flip-flops back into my life. I'm eager to walk the dogs as the sun rises and linger on my porch as the sun sets. I can't get enough of the long days this time of year.

Of course, at some point, I still have to make dinner. Sure, I could cook up a cheeseburger, but let me propose a lighter, fresher meal: a dinner salad made on the grill. Grilling gives the ingredients a hint of smoke, a touch of char, that regular salads just don't have. I like to make my dinner salads with protein, so I throw chicken, steak, even calamari or tempeh on the grill. I don't stop there: veggies and fruit go on too. And sometimes I add sturdier lettuces to give them a little bite.

Take my tandoori chicken salad: I skewer grape tomatoes to grill alongside marinated chicken. As they cool, I toss chickpeas, romaine and cucumber with a spiced yogurt dressing, then chop up the chicken, toss everything together and—*voilà*—dinner is served! All without turning on my stove. As my husband and I sit on the porch in the fading light, we dig into that salad, knowing it's just the beginning of our favorite season and we will have many, many more days just like this to enjoy.

Grilled Halibut Salad with Beet-Carrot Slaw

h☀w h♥h

Makes: 4 servings
Active time: 30 minutes **Total:** 30 minutes
Cost per serving: under $5

The halibut doesn't stick or fall apart in this recipe because you grill it on foil. A carrot and beet slaw with tarragon-lemon vinaigrette makes this meal a standout. (*Photograph: page 1*)

- 1 lemon, sliced
- 1¼ pounds halibut *or* swordfish, skinned
- ¾ teaspoon salt, divided
- 6 sprigs fresh tarragon plus 2 tablespoons finely chopped, divided
- 5 tablespoons extra-virgin olive oil
- ¼ cup lemon juice
- 1 teaspoon whole-grain mustard
- ¼ teaspoon freshly ground pepper
- 2 heads butterhead lettuce, torn
- 1 large beet, preferably golden *or* Chioggia, shredded
- 1 large carrot, shredded

1. Preheat grill to medium.
2. Measure a piece of foil large enough to hold the fish and coat it with cooking spray. Place a layer of lemon slices on the foil and lay fish on the lemon slices. Sprinkle with ¼ teaspoon salt and top with tarragon sprigs.
3. Grill the fish on the foil (without turning) until it flakes easily, 12 to 20 minutes, depending on the thickness.
4. Meanwhile, whisk oil, lemon juice, chopped tarragon, mustard, pepper and the remaining ½ teaspoon salt in a bowl.
5. Toss lettuce with about ¼ cup of the dressing in a large bowl; divide among 4 plates. Add beet and carrot to the bowl; toss with 2 tablespoons of the dressing. Divide the fish and slaw among the plates (discard the tarragon sprigs and lemon slices). Drizzle with the remaining dressing.

Per serving: 339 calories; 20 g fat (3 g sat, 14 g mono); 69 mg cholesterol; 10 g carbohydrate; 0 g added sugars; 30 g protein; 4 g fiber; 597 mg sodium; 1,296 mg potassium. **Nutrition bonus:** Vitamin A (209% daily value), Folate (52% dv), Potassium (37% dv), Vitamin C (27% dv), Iron & Magnesium (18% dv).

Chimichurri Grilled Steak Salad

h☀w h♥h

Makes: 4 servings
Active time: 1 hour **Total:** 1 hour (plus marinating time) **To make ahead:** Prepare through Step 1 up to 1 day ahead
Cost per serving: under $3.50

Chimichurri is a zingy Argentinean sauce made with garlic, parsley, vinegar and oil. Here it doubles as marinade for flank steak and as salad dressing. (*Photograph: page 53*)

- 1 cup packed flat-leaf parsley leaves
- 5 tablespoons extra-virgin olive oil, divided
- ¼ cup white vinegar
- 1 small clove garlic, chopped
- ¾ teaspoon salt, divided
- 1 pound flank steak, trimmed
- 2 hearts of romaine *or* 2 small heads
- 1 large bell pepper, quartered
- 1 small red onion, sliced ½ inch thick

1. Puree parsley, 1 tablespoon oil, vinegar, garlic and ¼ teaspoon salt in a blender. Pat 1 tablespoon of the mixture on each side of steak. Put the steak on a plate, cover and refrigerate at least 1 hour and up to 24 hours. Add 3 tablespoons oil to the herb mixture remaining in the blender; pulse to blend. Transfer to a bowl, cover and refrigerate if not using right away.
2. Twenty minutes before you are ready to grill, preheat grill to medium-high.
3. Cut each heart (or head) of romaine in half lengthwise, leaving the root end intact. Brush lettuce, bell pepper and onion with the remaining 1 tablespoon oil. Sprinkle with ¼ teaspoon salt. Sprinkle the steak with remaining ¼ teaspoon salt. Let the dressing come to room temperature if necessary while you grill.
4. Take the steak, lettuce, bell pepper and onion out to the grill. Oil the grill rack (*see Tip 3, page 51*). Put everything on the grill, placing the steak on the hottest part. Grill the steak, turning once, until desired doneness, 6 to 8 minutes per side for medium. Grill the pepper and onion, turning occasionally, until charred and tender, about 10 minutes total. Grill the lettuce, turning once, until lightly charred, about 2 minutes per side.
5. Let the steak rest on a clean cutting board for 5 minutes, then thinly slice against the grain. Chop the bell pepper and onion. Divide the lettuce, steak, pepper and onion among 4 plates. Drizzle with the reserved dressing.

Per serving: 363 calories; 24 g fat (5 g sat, 16 g mono); 70 mg cholesterol; 9 g carbohydrate; 0 g added sugars; 27 g protein; 4 g fiber; 518 mg sodium; 864 mg potassium. **Nutrition bonus:** Vitamin A (249% daily value), Vitamin C (130% dv), Folate (54% dv), Zinc (34% dv), Potassium (25% dv), Iron (23% dv).

Calamari is not just for deep-frying! It's easy to grill and tastes amazing in a salad. Look for it frozen or fresh and go for the type that's cleaned (cartilage and ink removed) or have it cleaned at the fish counter.

Grilled Calamari & Potato Salad

h☂f h♥h

Makes: 4 servings
Active time: 1 hour **Total:** 1 hour
Equipment: 1 bamboo or metal skewer
Cost per serving: under $5

This summery salad matches grilled squid and potatoes with a pungent dressing inspired by salsa verde, an Italian sauce made with capers, anchovies, parsley, lemon and olive oil.

- 1 pound cleaned whole calamari (squid; *see caption, above*)
- 6 tablespoons extra-virgin olive oil, divided
- 3 tablespoons sherry vinegar, divided
- ½ teaspoon salt, divided
- Freshly ground pepper
- 1 pound fingerling *or* baby Yukon Gold potatoes, halved or quartered lengthwise, depending on size
- 3 cloves garlic, unpeeled
- 6 plum tomatoes, halved lengthwise
- ⅔ cup flat-leaf parsley, basil *and/or* mint leaves
- 2 anchovy fillets
- 2 tablespoons capers, rinsed
- 2 tablespoons water
- Zest and juice of 1 large lemon
- 12 cups baby spinach

1. Preheat grill to medium-high.
2. Toss calamari with 1 tablespoon each oil and vinegar and ⅛ teaspoon each salt.

More Salads Online
Expand your power-salad repertoire with our recipes at eatingwell.com/go/powersalads.

FOOD STYLIST Karen Gillingham PROP STYLIST Jennifer Bangiyarena. Tabletops from H.D. Buttercup

7 Ways to Make Your Salads Sizzle

Choose the best veggies. Any vegetable you like to oven-roast is a good candidate for the grill. Think: onions, peppers, potatoes, eggplant, fennel and asparagus.

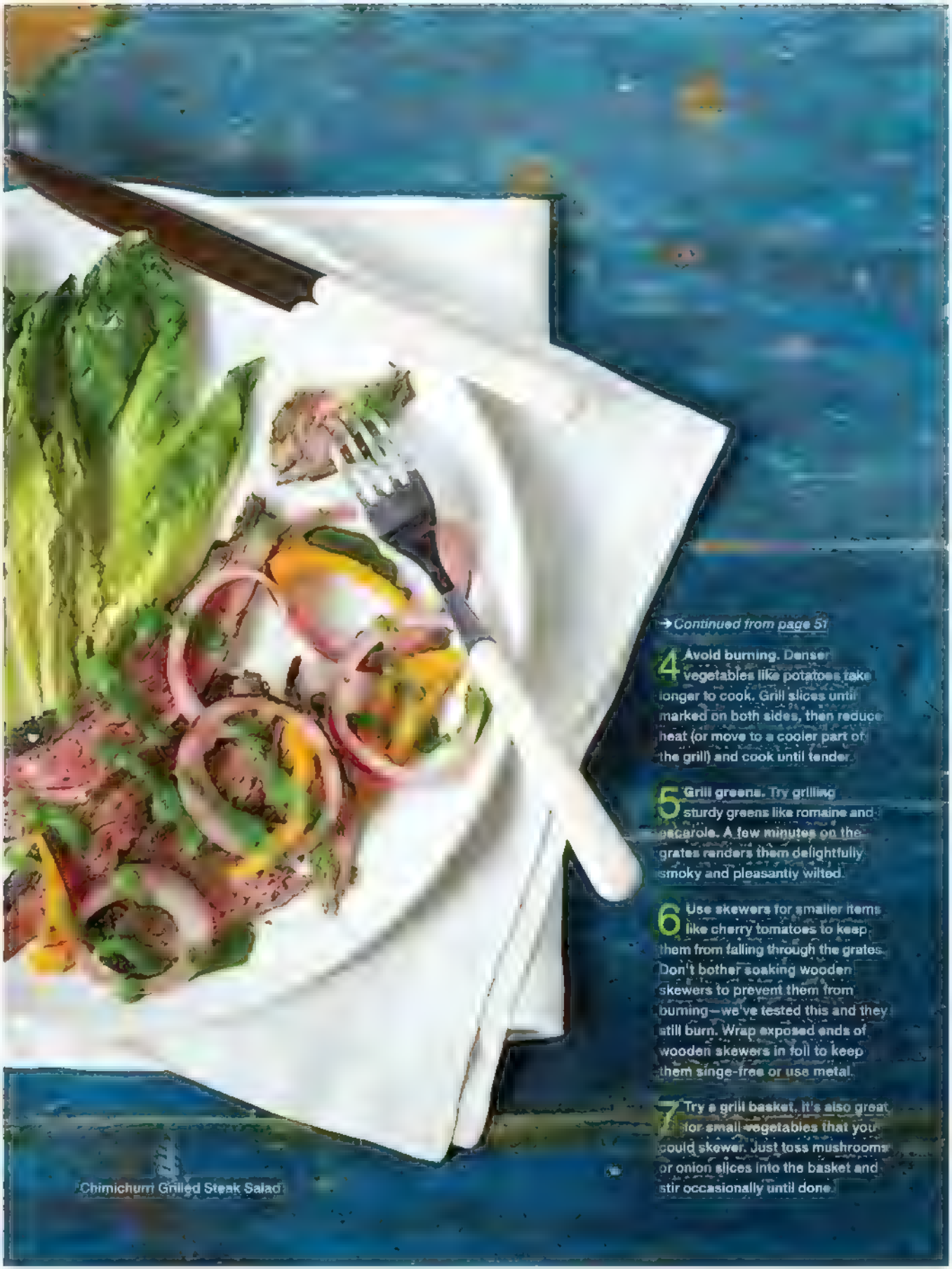
Get organized. Gather your ingredients on baking sheets for easy transport to the grill. Don't forget tongs, a kitchen timer and a clean plate for cooked meat.

Oil up. To keep food from sticking, oil a paper towel, hold it with tongs and rub on the preheated grill rack. Don't use cooking spray on a hot grill. To prep veggies for the grill, toss them with oil so they brown nicely and don't dry out.

➔*Continued on page 53*

Grilled Calamari & Potato Salad

Chopped Tandoori Chicken Salad



→ *Continued from page 51*

4 **Avoid burning.** Denser vegetables like potatoes take longer to cook. Grill slices until marked on both sides, then reduce heat (or move to a cooler part of the grill) and cook until tender.

5 **Grill greens.** Try grilling sturdy greens like romaine and escarole. A few minutes on the grates renders them delightfully smoky and pleasantly wilted.

6 **Use skewers** for smaller items like cherry tomatoes to keep them from falling through the grates. Don't bother soaking wooden skewers to prevent them from burning—we've tested this and they still burn. Wrap exposed ends of wooden skewers in foil to keep them singe-free or use metal.

7 **Try a grill basket.** It's also great for small vegetables that you could skewer. Just toss mushrooms or onion slices into the basket and stir occasionally until done.

Chimichurri Grilled Steak Salad

and pepper. Toss potatoes with 1 tablespoon oil and ⅛ teaspoon each salt and pepper. Thread garlic on a grilling skewer.
3. Take the calamari, potatoes, garlic skewer and tomatoes out to the grill. Oil the grill rack (*see Tip 3, page 51*). Grill the garlic and potatoes, turning occasionally, until tender, 6 to 8 minutes for the garlic, 10 to 12 minutes for the potatoes. Place the tomato halves on the grill skin-side down; grill until lightly charred, 5 to 7 minutes. Turn and grill for 1 minute more. Remove the calamari from the marinade and place on the hottest part of the grill; grill, turning once or twice, until just cooked through, 2 to 4 minutes total.
4. When the garlic is cool enough to handle, peel and put in a blender. Add parsley (or basil or mint), anchovies, capers, water, the lemon zest and juice, the remaining 4 tablespoons oil, 2 tablespoons vinegar, ¼ teaspoon salt and pepper to taste. Puree until smooth.
5. Place spinach in a large bowl and toss with about ½ cup of the dressing; divide among 4 plates. Top with the potatoes and tomato halves. Slice the calamari bodies into rings, but leave the tentacles whole; place on the spinach. Drizzle with the remaining dressing.
Per serving: 429 calories, 24 g fat (4 g sat, 16 g mono); 266 mg cholesterol; 32 g carbohydrate, 0 g added sugars; 24 g protein; 6 g fiber; 561 mg sodium; 1,605 mg potassium. **Nutrition bonus:** Vitamin A (203% daily value), Vitamin C (127% dv), Folate (59% dv), Potassium (46% dv), Magnesium (38% dv), Iron (28% dv), Zinc (20% dv), Calcium (17% dv).

Chopped Tandoori Chicken Salad

h†f h♥h

Makes: 4 servings
Active time: 1 hour **Total:** 1 hour (plus marinating time) **To make ahead:** Marinate chicken for up to 24 hours.
Equipment: Skewers or grill basket
Cost per serving: under $4

Tandoori chicken is a traditional Northern Indian dish of spiced yogurt-marinated chicken cooked in a clay oven. Here we grill the chicken, and toss it in a salad with grilled tomatoes and cucumber. (*Photograph, page 52*)

- **1 cup nonfat plain yogurt, divided**
- **3 cloves garlic, minced**
- **2½ teaspoons ground cumin, divided**
- **1½ teaspoons garam masala, divided**
- **1 teaspoon ground coriander**
- **1 teaspoon ground turmeric**
- **¾ teaspoon salt, divided**
- **½ teaspoon freshly ground pepper**
- **1¼ pounds boneless, skinless chicken thighs, trimmed**
- **2 pints grape or cherry tomatoes**
- **¼ cup finely chopped fresh cilantro**
- **3 tablespoons white-wine vinegar**
- **2 tablespoons extra-virgin olive oil**
- **Cayenne pepper to taste**
- **8 cups chopped romaine lettuce**
- **1 European cucumber, chopped**
- **1 15-ounce can chickpeas, rinsed**

1. Whisk ½ cup yogurt, garlic, 2 teaspoons cumin, 1 teaspoon garam masala, coriander, turmeric, ½ teaspoon salt and pepper in a medium bowl. Place chicken in a sealable gallon-size plastic bag and add the yogurt mixture. Close the bag and massage the marinade into the chicken. Refrigerate for at least 1 hour or up to 24 hours.
2. Twenty minutes before you are ready to grill, preheat grill to medium-high.
3. Remove the chicken from the marinade (discard the remaining marinade). Take the chicken and tomatoes out to the grill. Oil the grill rack (*see Tip 3, page 51*). Place the chicken on the hottest part of the grill. Skewer the tomatoes or place in a grill basket. Grill the chicken, turning once, until an instant-read thermometer inserted in the thickest part registers 165°F, 5 to 6 minutes per side. Grill the tomatoes, turning or stirring occasionally, until slightly charred, 5 to 6 minutes. Let cool while you prepare the dressing and the rest of the salad.
4. Combine the remaining ½ cup yogurt, ½ teaspoon each cumin and garam masala and ¼ teaspoon salt in a large bowl. Whisk in cilantro, vinegar, oil and cayenne. Add romaine, cucumber and chickpeas. Chop the chicken and add to the salad; toss well. Serve with the tomatoes.
Per serving: 459 calories; 19 g fat (4 g sat, 10 g mono); 96 mg cholesterol; 35 g carbohydrate; 0 g added sugars; 37 g protein; 9 g fiber; 698 mg sodium; 1,159 mg potassium. **Nutrition bonus:** Vitamin A (193% daily value), Vitamin C (45% dv), Folate (44% dv), Potassium (29% dv), Zinc (26% dv), Calcium & Iron (20% dv), Magnesium (18% dv).

Grilled Tempeh Salad with Sesame-Ginger Dressing ⏲

h†w h†f h♥h

Makes: 4 servings
Active time: 35 minutes **Total:** 35 minutes
Cost per serving: under $3.50

This bold dressing is perfect with grilled tempeh, pineapple and crisp snow peas. If you can't find mixed Asian greens, try another spicy green, such as arugula.

- **¼ cup orange juice**
- **3 tablespoons white miso (*see Tip, page 86*)**
- **3 tablespoons toasted sesame oil**
- **3 tablespoons rice vinegar**
- **1 1-inch piece fresh ginger, grated**
- **1-2 teaspoons Asian hot sauce**
- **1 8-ounce package tempeh (*see Tip, page 86*)**
- **6 pineapple rings, ¼ inch thick**
- **12 cups greens, preferably Asian mix**
- **1 cup sliced trimmed snow peas or snap peas**
- **2 tablespoons toasted sesame seeds**

1. Preheat grill to medium-high.
2. Whisk orange juice, miso, sesame oil, vinegar, ginger and hot sauce in a bowl.
3. Oil the grill rack (*see Tip 3, page 51*). Grill tempeh until lightly charred, 3 to 5 minutes per side. Grill pineapple until marked, 1 to 2 minutes per side.
4. Put salad greens and peas in a large bowl. Coarsely chop the pineapple; add to the bowl. Drizzle the salad with ½ cup of the dressing; toss to coat. Divide among 4 plates or bowls. Thinly slice the tempeh and place in the bowl. Drizzle with the remaining dressing and gently toss to coat. Divide the tempeh among the salads and sprinkle with sesame seeds.
Per serving: 310 calories; 20 g fat (3 g sat, 7 g mono); 0 mg cholesterol; 22 g carbohydrate; 0 g added sugars; 16 g protein, 6 g fiber; 560 mg sodium; 909 mg potassium. **Nutrition bonus:** Vitamin C (103% daily value), Vitamin A (95% dv), Folate (58% dv), Magnesium (30% dv), Iron (29%), Potassium (26% dv), Calcium (22% dv).

Grilled Tempeh Salad with Sesame-Ginger Dressing

Feta, Corn & Chicken Salad with Smoky Tomato Dressing

Feta, Corn & Chicken Salad with Smoky Tomato Dressing

Makes: 4 servings, about 2 cups each
Active time: 50 minutes **Total:** 50 minutes
Cost per serving: under $5

This hearty salad is full of grilled sweet corn, scallions, salty feta, escarole, pine nuts and spicy chicken. Smoked paprika gives the dressing a bacon-like flavor.

- 1 large head escarole
- 3 tablespoons canola oil, divided
- 1¼ pounds boneless, skinless chicken breast, trimmed
- ½ teaspoon smoked paprika (*see Tip, page 86*), divided
- ½ teaspoon salt, divided
- 4 ears corn, husked
- 2 bunches scallions, trimmed
- 2 plum tomatoes, halved lengthwise
- 1 clove garlic, chopped
- 1 tablespoon sherry vinegar *or* red-wine vinegar
- ¾ cup crumbled feta *or* Cotija cheese
- ¼ cup pine nuts, toasted (*see Tip, page 86*)

1. Preheat grill to medium-high.
2. Leaving root ends intact, quarter escarole lengthwise; brush with 1 tablespoon oil. Sprinkle chicken with ¼ teaspoon each paprika and salt.
3. Take the escarole, chicken, corn, scallions and tomatoes out to the grill. Oil the grill rack (*see Tip 3, page 51*). Place escarole and scallions on the grill. Grill, turning occasionally, until charred in spots, 2 to 4 minutes for the scallions, 3 to 4 minutes for the escarole. Transfer to a plate. Place the chicken, corn and tomatoes on the grill, with the chicken on the hottest part and the tomatoes skin-side down. Grill the chicken, turning occasionally, until an instant-read thermometer inserted in the thickest part registers 165°F, 8 to 16 minutes total. Grill the corn, turning occasionally, until tender, 8 to 12 minutes. Grill the tomatoes, turning once, until charred in spots, 6 to 8 minutes. Transfer to a plate.
4. Place the tomatoes in a blender; add garlic, vinegar, the remaining 2 tablespoons oil and the remaining ¼ teaspoon each paprika and salt. Puree until smooth.
5. Cut off the root ends of the escarole, coarsely chop the leaves and put in a large bowl. Cut the corn kernels off the cobs and coarsely chop the scallions, add to the bowl. Toss the salad with ½ cup of the dressing. Divide among 4 plates. Thinly slice the chicken and divide among the salads. Drizzle with the remaining dressing and sprinkle with cheese and pine nuts.

Per serving: 498 calories; 27 g fat (7 g sat, 11 g mono); 104 mg cholesterol; 28 g carbohydrate; 0 g added sugars; 39 g protein; 8 g fiber; 726 mg sodium; 1,150 mg potassium. **Nutrition bonus:** Vitamin A (78% daily value), Folate (68% dv), Vitamin C (46% dv), Potassium (33% dv), Magnesium (30% dv), Zinc (27% dv), Calcium (26% dv), Iron (22% dv).

Throw it all on the grill! Sure, grill your basic chicken to top a salad, but why stop there? These two salads (*above*) include corn, scallions, escarole, tomatoes, pineapple and even tempeh, all of which only improve with the kiss of smoke and fire.

Cherry Picking

new reasons to savor this superfruit

By Carolyn Malcoun
Photography by Ken Burris

I was in Leelanau County, Michigan, visiting my aunt and uncle a few summers ago, when one afternoon I went "grocery shopping" with my aunt. We drove along, winding up and down hills covered in orchards and grapevines to tiny farmstands and farm markets piled with the best fruits and vegetables the area had to offer. At one market, we were lucky enough to nab some sweet cherries from Bardenhagen Farms. I took one taste and realized how perfect cherries are meant to taste—they had a balance of sweet and tart and were so firm and fresh they snapped when I bit into them. We took them back to my Aunt Penny's and made cherry pie with a flaky crust, which we ate while it was still a little warm.

Leelanau County covers a narrow finger of land that juts into Lake Michigan near Traverse City, about a 4½-hour drive northwest of Detroit. This region of Michigan is famous for cherries, especially sour ones (also called tart cherries). More than 12,000 acres of Leelanau are blanketed with cherry orchards, and this county alone is responsible for about one-fifth of the nation's sour-cherry crop. The area has a perfect storm of factors—hilly terrain, proximity to a massive body of water and sandy soil—that makes it ideal. On chilly nights, the heavier cold air sinks down into the valley, keeping the temperatures on the hilltop orchards moderate. Lake Michigan keeps temperatures cool in the spring to prevent the trees from blossoming before the threat of frost disappears. And the sandy soils drain well, which is ideal for growing healthy cherry trees.

When I returned to Leelanau recently, I had to visit the source of those cherries. I drove up the road to Bardenhagen Farms, which covers 80 acres of rolling hills in the town of Suttons Bay. Jim Bardenhagen farms mostly Montmorency (sour) cherries, on the same land his great-great grandfather homesteaded more than 100 years ago. He also grows Balatons, a sweeter, firmer variety of sour cherry from Hungary, and several sweet varieties, including Attika, Summit and Regina. "Attika seems to hit everyone's flavor buds," he says. But you won't find the popular sweet Bing cherry in Michigan. "They crack in a fog," Bardenhagen quipped to me in his farmhouse kitchen. While the California and Washington seasons start in May and continue through June (almost 80 percent of the sweet cherries in the U.S. are grown in these two states), the sweet-cherry season doesn't begin in Michigan until early July—one variety ripening after another—and runs about two weeks. Then the sour Montmorencys and Balatons kick in for a couple of weeks.

As Bardenhagen and I walked in the lush orchard, I plucked a Montmorency off a tree. I squeezed out the pit and popped the supple cherry in my mouth, puckering with pleasure. I started thinking of the pies, sauces, salads and breakfasts I'd make with these sublime fruits. With these recipes, I hope to share a small taste of summer on the sunny shores of Lake Michigan.

Cherry-Lime Gin Rickey

Makes: 4 servings, about ¾ cup each
Active time: 15 minutes **Total:** 15 minutes

Gin, seltzer, bitters, lime juice, cherries and simple syrup combine for a truly refreshing cocktail. For a nonalcoholic drink, omit the gin and add a little more seltzer. (*Photograph, page 60.*)

- 3 tablespoons sugar
- 1½ tablespoons water
- 1 cup pitted sour *or* sweet cherries, fresh *or* frozen (*not* thawed)
- ⅛ cup fresh lime juice, plus lime wedges for garnish
- 2 cups seltzer water
- ½ cup gin
- 12 dashes bitters
- Ice cubes

1. Bring sugar and water to a boil in a small saucepan and stir until the sugar is dissolved. Remove from heat. (*Alternatively, combine sugar and water in a small bowl; microwave, stirring once, until the sugar is dissolved, about 1 minute.*)
2. Puree cherries and lime juice in a blender until mostly smooth. Add 2 to 3 tablespoons of the sugar syrup (to taste), seltzer, gin and bitters; pulse to combine.
3. Fill 4 rocks glasses with ice and top with the cherry-lime rickey. Garnish with a lime wedge, if desired.

Per serving: 130 calories; 0 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 17 g carbohydrate; 9 g added sugars; 0 g protein; 1 g fiber; 2 mg sodium; 92 mg potassium. **Nutrition bonus:** Vitamin C (17% daily value).

Pork Fajitas with Smoky Cherry Salsa

Makes: 4 servings
Active time: 45 minutes **Total:** 45 minutes
To make ahead: Marinate pork (Step 2) in the refrigerator, loosely covered, for up to 8 hours.
Cost per serving: under $4

Chipotle gives this cherry salsa a smoky aroma and flavor, perfect for tucking into fajitas with grilled pork tenderloin, onions and peppers. Manchego, though untraditional for fajitas, pairs nicely.

- 1 teaspoon plus a pinch of salt, divided
- 2 cloves garlic, minced
- Zest of 2 limes
- 6 teaspoons lime juice, divided
- 1¼ teaspoons ground chipotle pepper (*see Tips, page 61*), divided
- 1¼ pounds pork tenderloin, trimmed
- 1 medium white onion, thickly sliced crosswise
- 1 red *or* green bell pepper, quartered
- 1 cup chopped pitted sweet *or* sour fresh cherries
- ¼ cup finely chopped fresh cilantro
- ½ cup shredded Manchego *or* Cheddar cheese
- 8 6-inch corn tortillas, warmed (*see Tips, page 61*)

1. Preheat grill to medium-high.
2. Mash 1 teaspoon salt and garlic in a small bowl with a mortar and pestle or a spoon until a paste forms. Mix in lime zest, 2 teaspoons lime juice and 1 teaspoon ground chipotle. Rub the paste all over pork.
3. Oil the grill rack (*see Tip, page 86*). Grill the pork, turning occasionally, until an instant-read thermometer inserted in the thickest part reaches 145°F, 13 to 15 minutes. Grill onion and bell pepper, turning occasionally, until charred and tender, 8 to 10 minutes. Transfer the pork to a clean cutting board and let rest for 5 minutes.
4. Combine cherries, cilantro, the remaining 4 teaspoons lime juice, the remaining ¼ teaspoon chipotle and pinch of salt in a bowl. Finely chop one slice of grilled onion and stir into the salsa.
5. Thinly slice the remaining onion and pepper. Thinly slice the pork. Serve the pork and vegetables with the salsa and cheese on tortillas.

Per serving: 365 calories; 10 g fat (4 g sat, 3 g mono); 107 mg cholesterol; 33 g carbohydrate; 0 g added sugars; 37 g protein; 6 g fiber; 881 mg sodium; 883 mg potassium. **Nutrition bonus:** Vitamin C (87% daily value), Vitamin A (38% dv), Zinc (27% dv), Potassium (25% dv), Magnesium (23% dv), Calcium (18% dv), Iron (15% dv).

Really Love Cherries?

Find more amazing cherry recipes at eatingwell.com/go/cherries

For cherry-pitting tips and sources for frozen sour cherries, turn to pages 85 86.

above left).

Tips:
Chipotle peppers are dried, smoked jalapeños. Look for ground chipotle in the spice section of most supermarkets or online at *penzeys.com*

To warm corn tortillas: Wrap a stack of tortillas in barely damp paper towels, microwave on High for 30 to 45 seconds. Or wrap stacks of 4 tortillas in foil; place in a 375°F oven for 10 to 15 minutes. Wrap tortillas in a clean towel to keep warm.

Puffed Cherry Pancake

how
Makes: 4 servings
Active time: 20 minutes **Total:** 40 minutes
Cost per serving: under $1.50

This recipe is similar to an *Apfelpfannkuchen*—a puffy German pancake full of apples. Dust it with confectioners' sugar or drizzle with maple syrup for a special breakfast treat.

- **1 teaspoon plus 1 tablespoon unsalted butter, divided**
- **½ cup low-fat milk**
- **3 large eggs**
- **1 teaspoon vanilla extract**
- **½ cup whole-wheat pastry flour (*see Tip, above right*) *or* all-purpose flour**
- **1 tablespoon granulated sugar**
- **⅛ teaspoon salt**
- **Pinch of ground cinnamon**
- **2 cups halved pitted sweet *or* sour cherries, fresh *or* frozen (thawed, drained)**
- **¼ cup sliced almonds**
- **Confectioners' sugar for garnish**

1. Preheat oven to 450°F. Place 1 teaspoon butter in a 10-inch cast-iron skillet or ovenproof nonstick skillet and transfer to the oven to melt the butter.
2. Melt the remaining 1 tablespoon butter in a small pan or the microwave. Transfer to a medium bowl and whisk in milk, eggs and vanilla. Add flour, granulated sugar, salt and cinnamon and whisk to combine.
3. Remove the pan from the oven, tilting it to coat the bottom with butter. Add cherries in a layer. Pour the batter over the cherries and sprinkle with almonds.
4. Bake the pancake until golden and a toothpick inserted in the center comes out clean, 15 to 20 minutes. Let cool for 5 minutes before cutting into 4 wedges. Sprinkle with confectioners' sugar, if desired.
Per serving: 252 calories; 11 g fat (4 g sat, 4 g mono); 151 mg cholesterol; 30 g carbohydrate; 3 g added sugars; 9 g protein; 4 g fiber; 140 mg sodium; 312 mg potassium.

Tip: Whole-wheat pastry flour is milled from soft wheat. It contains less gluten than regular whole-wheat flour and helps ensure a tender result in delicate baked goods while providing the nutritional benefits of whole grains. Find it at large supermarkets and natural-foods stores. Store in an airtight container in the freezer.

Cherry Sorbet

how **how**
Makes: 8 servings, about ½ cup each
Active time: 15 minutes **Total:** 40 minutes to 3 hours **To make ahead:** Freeze in an airtight container for up to 1 week.

Try this cherry sorbet with a dollop of lightly sweetened whipped cream or some more chopped cherries on top.

- **4 cups pitted sour *or* sweet cherries, fresh *or* frozen (*not* thawed)**
- **1 cup water**
- **2-4 tablespoons confectioners' sugar *or* superfine sugar**

Puree cherries, water and sugar to taste in a blender until smooth. Strain through a fine sieve, pressing on the solids to extract as much liquid as possible. (Discard solids.) Process in an ice cream maker according to the manufacturer's directions until firm and slushy. Transfer to an airtight container and freeze until ready to serve.
Per serving: 46 calories; 0 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 11 g carbohydrate; 2 g added sugars; 1 g protein; 1 g fiber; 3 mg sodium; 134 mg potassium. **Nutrition bonus:** Vitamin A (20% daily value).

No ice cream maker? Pour the strained mixture into a 9-by-13-inch baking pan and place the pan on a level surface in your freezer. Freeze, stirring and scraping with a fork every 30 minutes, moving the frozen edges in toward the center and crushing any lumps, until firm and slushy, 2½ to 3 hours.

choose cherries

Sweet or sour, these petite stone fruits are bursting with nutrition

Get a better night's sleep. Tart cherries are one of nature's few sources of melatonin, a hormone that lowers body temperature, making us sleepy. When study volunteers drank an ounce of tart cherry juice concentrate in the morning and again at night, they slept more soundly. Even better: sipping the tart concentrate may provide an alternative to a melatonin supplement. "The melatonin in tart cherry juice is very well absorbed and is utilized by the body to provide an effect that could rival melatonin supplements," says study author Glyn Howatson, Ph.D.

Balance your blood pressure. Sweet cherries are loaded with potassium, a natural blood-pressure reducer. Potassium balances fluids in our bodies, essentially offsetting the blood-pressure-raising effects of sodium. So it's no wonder studies have found that people who eat more potassium-rich foods, like sweet cherries, tend to have less hypertension. One cup of these ruby gems packs roughly the same amount of potassium as a small banana and also boasts some quercetin, an antioxidant that may help keep blood vessels relaxed and supple.

Ease muscle soreness. Tart cherry juice may quell post workout pain, says a 2010 *Journal of the International Society of Sports Nutrition* study. Runners who downed 24

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BE A HERO at every party this summer: bring these cherry cheesecake bars. They make 12 servings so they'll feed a crowd, but better yet, they're no-bake. That's right, this is a project that anyone can handle in minutes!

Cherry, Wild Rice & Quinoa Salad

Makes: 8 servings, about ¾ cup each
Active time: 30 minutes **Total:** 1 hour
To make ahead: Cover and refrigerate for up to 4 hours.

This whole-grain quinoa and wild rice salad is perfect for toting to summer potlucks. It features sweet cherries, crunchy celery, nutty aged goat cheese and toasted pecans. If you can find red quinoa, it's particularly pretty. (*Photograph: page 60.*)

- ¾ cup wild rice
- ½ cup quinoa (*see Tip, below*), rinsed if necessary
- ¼ cup extra-virgin olive oil
- ¼ cup fruity vinegar, such as raspberry *or* pomegranate
- ¾ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 2 cups halved pitted fresh sweet cherries
- 2 stalks celery, diced
- ¾ cup diced aged goat cheese, smoked Cheddar *or* other smoked cheese
- ½ cup chopped pecans, toasted

1. Bring a large saucepan of water to a boil over high heat. Add wild rice and cook for 30 minutes. Add quinoa and cook until the rice and quinoa are tender, about 15 minutes more. Drain and rinse with cold water until cool to the touch; drain well.
2. Meanwhile, whisk oil, vinegar, salt and pepper in a large bowl. Add the rice and quinoa, cherries, celery, cheese and pecans and toss to combine. Serve at room temperature or cold.

Per serving: 280 calories; 16 g fat (4 g sat, 9 g mono); 10 mg cholesterol; 27 g carbohydrate; 0 g added sugars; 8 g protein; 3 g fiber; 265 mg sodium; 258 mg potassium.

Tip: Although quinoa—a grain that was a staple in the ancient Incas' diet—was once only found in natural-foods stores, it's now readily available at most large supermarkets and even warehouse stores. Rinsing removes any residue of saponin, quinoa's natural, bitter protective covering. Most quinoa is sold already rinsed; check the label.

No-Bake Cherry Cheesecake

Makes: 12 servings
Active time: 40 minutes **Total:** 3 hours 40 minutes (including 3 hours chilling time)
To make ahead: Cover and refrigerate for up to 1 day.

No-bake cherry cheesecake is an easy summertime treat. This version adds omega-3-rich walnuts to the graham cracker crust and uses nonfat Greek yogurt and reduced-fat cream cheese in the filling to keep saturated fat in check. If you want a bright red topping, use sour cherries. Sweet cherries give it a more purple hue. To make this gluten-free, use gluten-free graham crackers.

- 4 cups halved pitted sour *or* sweet cherries, fresh *or* frozen (thawed, drained)
- ¾ cup granulated sugar, divided
- ¼ cup plus 4 teaspoons water, divided
- 2 tablespoons cornstarch
- Half a 14-ounce box graham crackers, preferably whole-wheat
- ½ cup chopped walnuts, toasted (*see Tip, page 86*)
- ⅓ cup canola oil
- 2 8-ounce packages reduced-fat cream cheese, softened
- 2 cups nonfat plain *or* vanilla Greek yogurt
- 6 tablespoons confectioners' sugar
- 1 teaspoon vanilla extract

1. Combine cherries, ½ cup sugar and ¼ cup water in a large saucepan and bring to a boil. Combine cornstarch with 4 teaspoons water, then stir into the cherry mixture; return to a boil. Reduce the heat to medium and cook, stirring constantly, until the liquid thickens and looks syrupy, about 1 minute. Remove from heat.
2. Process graham crackers in a food processor until finely ground. Add walnuts and pulse until finely chopped. Transfer to a bowl; stir in the remaining ¼ cup sugar. Drizzle with oil and stir to combine. Press into the bottom of a 9-by-13-inch baking dish.
3. Beat cream cheese, yogurt, confectioners' sugar and vanilla in a medium bowl with an electric mixer until smooth, scraping down the sides as necessary. Spread over the crust. Spoon the cherry mixture

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ounces of tart cherry juice daily (about 480 calories) for seven days before a long-distance race, and again on race day, reported fewer aches afterward than runners who drank a placebo. Researchers believe that tart cherries' antioxidants protect against attacks by exercise-induced free radicals, which can lead to painful inflammation.

Combat cancer. Sweet cherries are rich in beta carotene, vitamin C, anthocyanins and quercetin, which may work together synergistically to fight cancer. Plus, preliminary studies suggest the anthocyanin cyanidin may prevent genetic mutations that can lead to cancer and keep cancer cells from growing out of control. While tart cherries contain some anthocyanins, sweet cherries pack nearly three times as many (two-thirds are found in the skins). The riper the better: as cherries darken, they produce more antioxidants.

Whittle your waistline. When scientists at the University of Michigan Health System put rats on a high-fat diet supplemented with either a tart-cherry powder (equal to 1% of the weight of their total diet) or the same number of calories from carbohydrate, those that got the cherry powder gained less weight and body fat. Why? The anthocyanins in tart cherries activate a molecule that helps rev up fat burning and decrease fat storage.

Get a grip on gout. This form of arthritis is caused by too much uric acid in the blood, which causes swelling, inflammation and tenderness. A growing body of research reveals that cherries—both sweet and tart—can help. In a USDA study, eating about 2 cups fresh sweet Bing cherries daily lowered uric acid levels by 15% and also reduced C-reactive protein, a marker of inflammation. Another study showed that drinking 8 ounces of tart cherry juice a day reduces uric acid.

—Karen Ansel, M.S., R.D.

over the top. Cover and refrigerate until cold, about 3 hours

Per serving: 348 calories; 17 g fat (4 g sat, 7 g mono); 20 mg cholesterol; 42 g carbohydrate; 22 g added sugars; 9 g protein; 2 g fiber; 273 mg sodium; 228 mg potassium. **Nutrition bonus:** Vitamin A (19% daily value).

Honey-Sweetened Cherry Pie

Makes: 10 servings
Active time: 1 hour **Total** 5 hours
To make ahead: Refrigerate the crust (Step 1) for up to 2 days.

This pie is pure magic. If you can't find sour cherries, don't fret—it's also delicious with sweet. It has a hint of clove and honey, which gives the filling a novel flavor. Serve it with your favorite light vanilla ice cream or frozen yogurt. (*Photograph, page 57.*)

Crust

- **1¼ cups whole-wheat pastry flour (*see Tip, page 61*)**
- **1¼ cups all-purpose flour**
- **2 tablespoons sugar**
- **½ teaspoon salt**
- **4 tablespoons cold unsalted butter, cut into small pieces**
- **¼ cup reduced-fat sour cream**
- **3 tablespoons canola oil**
- **¼ cup ice water, plus more if needed**
- **1 beaten large egg white mixed with 1 teaspoon honey, for brushing**

Filling

- **3 tablespoons instant tapioca**
- **5 cups pitted sour *or* sweet cherries, fresh *or* frozen (thawed, drained)**
- **¾ cup honey, warmed**
- **1 tablespoon lemon juice**
- **¼ teaspoon ground cloves (optional)**
- **Pinch of salt**

1. To prepare crust: Whisk whole wheat flour, all-purpose flour, sugar and salt in a large bowl. Using your fingers, quickly rub the butter pieces into the dry ingredients until smaller but still visible. Add sour cream and oil, toss with a fork to combine with the dry ingredients. Sprinkle ¼ cup water over the mixture. Toss with a fork until evenly moist. Knead the dough in the bowl a few times—the mixture may still be a little crumbly. Turn out onto a clean surface and knead a few more times, until the dough just holds together. Divide the dough in half and shape into two 5-inch disks. Wrap each in plastic and refrigerate for at least 1 hour and up to 2 days.

2. To prepare filling: Just before you're ready to roll out the dough, process tapioca in a clean spice grinder, mini food processor or blender until finely ground. Transfer to a large bowl and add cherries, honey, lemon juice, cloves (if using) and salt; toss well to combine. Set aside.

3. Position a rack in the center of the oven and place a foil-lined baking sheet on the rack below; preheat to 425°F.

4. Remove the dough from the refrigerator; let stand for 10 minutes to warm slightly. Roll one portion between sheets of parchment or wax paper into a 12-inch circle. Peel off the top sheet and invert the dough into a 9-inch pie pan. Peel off the remaining paper. Moisten the outer edge of the dough with water. Scrape the filling into the crust. (If you're using frozen, thawed cherries, leave any excess liquid behind in the bowl.)

5. To prepare lattice top: Roll the remaining dough between sheets of parchment or wax paper into a 12-inch circle. Peel off the top sheet. Cut the dough into 1-inch strips using a pastry wheel or a knife. Lift off every other strip and lay them on top of the pie, leaving about a 1-inch gap between strips. Use the shorter strips for the edges and the longer ones for the middle of the pie. (You may not need to use the outermost strips.) Fold back the first, third and fifth strips of dough to the edge of the pie. Place a shorter strip of dough across the second and fourth strips, about 1 inch from the edge. Unfold the folded strips over the crosswise strip. Fold back the second and fourth strips over the first crosswise strip. Place another strip crosswise, about 1 inch from the first. Unfold the strips over the second crosswise strip. Continue folding back alternating strips and placing crosswise strips until the top is covered with woven strips. Trim any overhanging crust. Crimp the outer edge with a fork. Brush just the lattice top (not the outer edge) with the egg white-honey mixture.

6. Bake the pie for 20 minutes. Then rotate it 180 degrees and reduce the oven temperature to 325°. Continue baking until the crust is golden and the filling is beginning to bubble, 40 to 50 minutes more. Check the crust toward the end; if it's looking too dark, tent the top and edges with foil to prevent overbrowning. Let the pie cool on a wire rack for at least 2 hours before serving.

Per serving: 337 calories; 10 g fat (4 g sat, 4 g mono); 15 mg cholesterol; 59 g carbohydrate; 24 g added sugars; 5 g protein; 3 g fiber; 143 mg sodium; 181 mg potassium. **Nutrition bonus:** Vitamin A (23% daily value), Vitamin C (15% dv).

Pie Crust How-To

See step-by-step photos of making a lattice-top crust at eatingwell.com/go/latticecrust

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Where's the beef?

You won't miss the meat when you taste these easy, delicious and satisfying vegetarian meals

By Marge Perry
Recipes by David Bonom
Photography by Carin Krasner

My husband and son love big, hefty steaks. My daughter and I could happily live on veggies and grains (and sweets, but that's another story entirely). Who wins? We needed a compromise: meatless dishes that will satisfy their carnivorous cravings.

So I challenged my husband, David, a chef who's worked in top restaurants and cooked for celebrities including Hillary Clinton and Bette Midler. David thought he'd start with some basic culinary principles. He knew we needed a mix of textures that included chewiness, since that's what meat delivers. And we needed a combination of protein and fiber to make sure everyone felt well fed. And finally he suggested we harness the power of *umami*.

Umami, often called the fifth taste (after sweet, sour, salty and bitter), is the savory appeal known as "meatiness." While it's abundant in animal proteins, it also exists in fermented foods like soy sauce, aged cheeses and certain savory vegetables, including mushrooms, tomatoes and asparagus. Just as sugar makes candy sweet and the acid in lemons makes them sour, a compound called glutamate makes beef more savory, or more intensely umami. So we added umami ingredients to our meatless dishes, to make them more satisfying and, well, more... meaty. (*For more on umami, see page 72.*)

Once we started tasting his meatless recipes, even David and my son agreed that they could be happy to eat this way a couple nights a week. And for me, with a family history of heart disease, this could make a real difference. Studies show that eating less meat can reduce the risk for cardiovascular disease. It makes sense: the less meat we eat, the less saturated fat we consume and the more nutrients we get into our diets, including vitamins C and E, fiber and potassium. Those changes can improve cholesterol levels and lower blood pressure. And eating less meat may have other benefits, too: studies link it with healthier weight, better mood and even living longer. (*For more, see page 4.*)

Now my daughter and I just need a nutritious, low-calorie way to satisfy our sweet tooth.

Blue Cheese Portobello Burger

5 Secrets of Satisfying Vegetarian Cooking

1 Build a balanced meal.

Combining protein and fiber at meals will help you feel fuller longer. This noodle salad, for example, gets protein from edamame and fiber from carrots, seaweed and peppers.

Rice Noodle & Edamame Salad

Rice Noodle & Edamame Salad

h*f h♥h

Makes: 5 servings, about 2 cups each
Active time: 40 minutes **Total:** 40 minutes
To make ahead: Cover and refrigerate for up to 1 day
Cost per serving: under $3

Seaweed asserts its umami magic in this beautiful noodle salad, which is perfect for a summer evening. Several types of dried seaweed are available in natural-foods markets—arame and dulse (sometimes called "sea vegetables") are two of the most common. Snipped pieces of nori (the seaweed used for sushi rolls) would work too.

- **1 10- to 12-ounce package frozen shelled edamame**
- **8 ounces thin rice noodles *or* rice sticks *(see Tip, above right)***
- **1 cup arame *or* dulse seaweed**
- **¾ cup rice vinegar**
- **2 tablespoons canola oil**
- **2 tablespoons sugar**
- **½ teaspoon salt**
- **1 cup shredded carrot**
- **1 medium red bell pepper, thinly sliced**
- **½ cup thinly sliced red onion**
- **¼ cup chopped fresh cilantro**
- **½ cup lightly salted peanuts, chopped, divided**

1. Cook edamame according to package directions. Drain and rinse with cold water. Soften or cook noodles according to package directions. Drain, transfer to a work surface and chop twice. If using arame, cook according to package directions "for salads"; if using dulse, snip into bite-size pieces, but do not cook.
2. Whisk vinegar, oil, sugar and salt in a large bowl. Add the edamame, rice noodles, seaweed, carrot, bell pepper, onion, cilantro and ¼ cup peanuts; toss well to combine. Serve sprinkled with the remaining peanuts.

Per serving: 418 calories; 16 g fat (2 g sat, 7 g mono); 0 mg cholesterol; 58 g carbohydrate; 5 g added sugars, 12 g protein, 9 g fiber; 425 mg sodium; 499 mg potassium.
Nutrition bonus: Vitamin A (90% daily value), Vitamin C (64% dv), Folate (48% dv).

Tip: Dried thin rice noodles (or rice sticks) are also called "mai fun," "bun" or "vermicelli-style" rice noodles. Look for them in the Asian section of well-stocked supermarkets or an Asian-foods market.

Lasagna with Slow-Roasted Tomato Sauce

h*w h♥f

Makes: 10 servings
Active time: 1 hour **Total:** 4 hours
To make ahead: Cover and refrigerate the sauce (Steps 1-3) for up to 3 days or freeze for up to 3 months.
Cost per serving: under $2.50

Slow-roasting the tomatoes gives the sauce an intense depth of flavor—which is then enhanced by the umami in onions, Parmesan and spinach. The noodles are layered into the lasagna *uncooked*; the moisture from the fresh spinach cooks them perfectly as the lasagna bakes in the oven. (*Photograph: page 70.*)

Sauce

- **3 pounds plum tomatoes, halved lengthwise**
- **2 tablespoons extra-virgin olive oil, divided**
- **2 teaspoons dried basil, divided**
- **1¼ teaspoons dried oregano, divided**
- **1 medium onion, chopped**
- **3 cloves garlic, minced**
- **1 cup water**
- **1 6-ounce can tomato paste**
- **½ teaspoon salt**
- **½ teaspoon freshly ground pepper**

Lasagna

- **1 15- to 16-ounce container part-skim ricotta cheese**
- **1½ cups reduced-fat shredded mozzarella, divided**
- **½ cup grated Parmesan cheese, divided**
- **½ teaspoon salt**
- **¼ teaspoon dried oregano**
- **⅛ teaspoon freshly ground pepper**
- **9 lasagna noodles (uncooked), preferably whole-wheat**
- **10 ounces baby spinach**

1. To prepare sauce: Preheat oven to 300°F. Coat a baking sheet with cooking spray.
2. Combine tomatoes, 1 tablespoon oil, 1 teaspoon basil and 1 teaspoon oregano in a large bowl. Arrange the seasoned tomato halves, cut-side up, on the prepared baking sheet. Bake in the center of the oven until the tomatoes are very soft, 2 hours. Let cool 15 minutes. Transfer the tomatoes to a work surface and coarsely chop.
3. Heat the remaining 1 tablespoon oil in a medium saucepan over medium-high heat. Add onion, garlic, the remaining 1 teaspoon basil and ¼ teaspoon oregano; cook, stirring occasionally, until beginning to soften, 2 to 3 minutes. Add the roasted tomatoes, water and tomato paste, stirring until the tomato paste is incorporated. Bring to a boil; reduce heat to medium-low, cover and simmer, stirring occasionally, for 10 minutes. Remove from the heat and stir in salt and pepper.
4. To prepare lasagna: Meanwhile, combine ricotta, ¾ cup mozzarella, ¼ cup Parmesan, salt, oregano and pepper in a bowl.
5. Increase oven temperature to 350°. Coat a 9-by-13-inch baking dish with cooking spray.
6. Spread 2 cups of the tomato sauce in the prepared baking dish. Top with 3 lasagna noodles. Top the noodles with half the spinach. Dollop half of the ricotta mixture over the spinach, then spread 1 cup of tomato sauce over the ricotta. Repeat the layers once more, pressing down on the filling as you layer; the pan will be very full. Place the remaining 3 noodles on top and spread with the remaining tomato sauce. Sprinkle with the remaining ¾ cup mozzarella and ¼ cup Parmesan. Cover with foil that has been coated with cooking spray.
7. Bake the lasagna for 50 minutes. Uncover and bake until the cheese browns.

2 Slow roast.

When you slow-roast food, you remove the amount of water it contains, thereby intensifying the flavor and making the texture chewier. (Think about the difference between a fresh tomato and a sun-dried tomato.) Cooked meat is about 55-65 percent water, while that sounds like a lot, compare it to veggies, which are 80-95 percent water. Roasting tomatoes for the lasagna sauce (above) makes the sauce taste more deep and savory.

FOOD STYLIST: Karen Gringhuis; PROP STYLIST: Jennifer Barguirarena. Tabletops from H.D. Buttercup

Lasagna with Slow Roasted Tomato Sauce

3 Add chewy foods.

Chewy foods like seared firm tofu, grilled mushrooms and nuts feel more filling because they take more time and effort to eat than, say, a spoonful of broth. They also better mimic the way you chew meat—which makes them a more satisfying substitution.

slightly, about 10 minutes more. Let stand for 10 minutes before serving.

Per serving: 275 calories; 11 g fat (5 g sat, 4 g mono); 28 mg cholesterol; 29 g carbohydrate; 0 g added sugars; 17 g protein; 6 g fiber; 618 mg sodium; 812 mg potassium. **Nutrition bonus:** Vitamin A (85% daily value), Vitamin C (50% dv), Calcium (35% dv), Potassium (24% dv), Folate (22% dv), Iron & Magnesium (15% dv).

Three-Pea, Cashew & Tofu Stir-Fry

h*f h♥h

Makes: 4 servings, about 1¾ cups each
Active time: 50 minutes **Total:** 50 minutes
Cost per serving: under $2.50

Pressing tofu before stir-frying gives it a chewy, satisfying texture. Three green peas—sugar snaps, snow peas and shelling peas—balance it out with brightly flavored crunch. Hoisin—a dark brown, thick, spicy-sweet sauce made from soybeans and a complex mix of spices—gives the stir-fry rich depth of flavor with just one ingredient. Look for it, as well as chile-garlic sauce, in the Asian section of the market. (*Photograph: page 71.*)

- **1 14-ounce package water-packed extra-firm *or* firm tofu, drained**
- **3 tablespoons hoisin sauce**
- **2 tablespoons reduced-sodium soy sauce**
- **¼ teaspoon chile-garlic sauce**
- **2 tablespoons canola oil, divided**
- **1 cup chopped onion**
- **2 cloves garlic, minced**
- **1 tablespoon grated fresh ginger**
- **2½ cups sugar snap peas (8 ounces), trimmed**
- **2¼ cups snow peas (8 ounces), trimmed**
- **1 cup peas, fresh *or* frozen (thawed)**
- **½ cup lightly salted cashew halves and pieces**

1. Fold a clean kitchen towel and place it on a cutting board or large plate. Set tofu on the towel. Put another folded clean towel over the tofu and place a flat, heavy weight (such as a heavy skillet) on top; drain for 30 minutes.

2. Whisk hoisin sauce, soy sauce and chile-garlic sauce in a small bowl.

3. Cut the pressed tofu into ½-inch cubes. Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat until it shimmers. Add the tofu and cook, turning occasionally, until browned, 6 to 8 minutes. Transfer to a plate.

4. Return the skillet to the heat and add the remaining 1 tablespoon oil. Stir in onion, garlic and ginger; cook, stirring often, until fragrant, about 1 minute. Add snap peas, snow peas and peas; cook, stirring often, until bright green, 2 to 3 minutes. Return the tofu to the pan along with the hoisin mixture and cashews; cook, stirring, until heated through, about 1 minute.

Per serving: 356 calories; 20 g fat (3 g sat, 10 g mono); 0 mg cholesterol; 31 g carbohydrate; 3 g added sugars; 17 g protein; 7 g fiber; 568 mg sodium; 489 mg potassium. **Nutrition bonus:** Vitamin C (75% daily value), Calcium & Iron (30% dv), Magnesium (28% dv), Vitamin A (26% dv), Folate (21% dv), Zinc (16% dv).

Tofu & Vegetable Stew

h*w h♥h

Makes: 5 servings, about 2 cups each
Active time: 40 minutes **Total:** 40 minutes
Cost per serving: under $2

A predominance of umami ingredients (tofu, miso, eggs, soy sauce) make this chunky stew wonderfully hearty. Use firm *silken* tofu if you prefer a soft texture; opt for regular firm tofu for more chew.

- **1½ tablespoons canola oil**
- **1 medium onion, chopped**
- **1½ tablespoons grated *or* minced fresh ginger**
- **4 cups thinly sliced napa cabbage**
- **4 cups vegetable broth**
- **½ cup snipped dulse *or* arame seaweed**
- **1 cup corn kernels, fresh *or* frozen**
- **2 12- to 14-ounce packages firm tofu, silken *or* regular, drained if necessary, cut into ¼-inch cubes**
- **¼ cup white miso (*see Tip, page 86*)**
- **2 large eggs, beaten**
- **4 scallions, chopped**
- **2 tablespoons rice vinegar**

1. Heat oil in a Dutch oven over medium-high heat. Add onion and ginger; cook, stirring often, until fragrant, about 1 minute. Add cabbage; cook, stirring occasionally, until starting to wilt, 1 to 2 minutes.

2. Pour in broth, add seaweed and bring to a boil. Reduce heat to medium and simmer for 5 minutes. Add corn, return to a simmer and cook for 2 minutes. Add tofu and cook until hot, about 3 minutes. Stir in miso and cook 1 minute more.

3. Drizzle eggs onto the surface of the stew and let simmer, undisturbed, until the eggs are just set, 1 to 2 minutes. Remove from the heat and add scallions and vinegar; gently stir to combine.

Per serving: 251 calories; 12 g fat (2 g sat, 4 g mono); 74 mg cholesterol; 22 g carbohydrate; 0 g added sugars; 17 g protein; 4 g fiber; 987 mg sodium; 606 mg potassium. **Nutrition bonus:** Vitamin A (34% daily value), Vitamin C (25% dv), Iron & Potassium (18% dv), Folate (17% dv).

4 Include umami ingredients.

The word *umami*, roughly translated as "delicious," was coined by a Japanese scientist who discovered this fifth taste. He found that the glutamate in foods can be detected by humans, giving food an appeal that is neither sweet, salty, sour nor bitter (the other four tastes). Most people know glutamate from MSG (monosodium glutamate), the flavor enhancer associated with Chinese-restaurant food. But it is also a naturally occurring and safe compound found in meat—as well as many other foods. The process of fermentation enhances umami, which explains why soy sauce and aged cheeses like Parmesan are so "savory." Vegetables high in umami include asparagus, tomatoes, seaweed, peas, corn and onions. Soyfoods, including tofu and edamame, and seaweed like dulse or arame are also good places to find umami. The stew (*opposite*) layers on umami with corn, tofu and miso.

Tofu & Vegetable Stew

Asparagus & Mushroom Risotto

5 Combine flavors & textures.

Excite your palate by mixing textures and flavors. For example, in the risotto *above* creamy rice is offset with chewy shiitake mushrooms and crisp asparagus. The "burger," page 67, balances the mushroom flavor against sweet onions and the punch of blue cheese. No single component is as satisfying as the combination.

Blue Cheese Portobello Burgers

h†f

Makes: 4 servings
Active time: 1 hour **Total:** 1 hour
Cost per serving: under $4

Blue cheese and slow-cooked onions turn a grilled portobello into an indulgent treat. Ruby port—a sweet fortified wine—gives extra depth of flavor to the caramelized onions. *(Photograph: page 67)*

- **3 tablespoons extra-virgin olive oil, divided**
- **1 tablespoon balsamic vinegar**
- **3 cloves garlic, minced**
- **4 large portobello mushrooms, stems removed**
- **3 cups thinly sliced red onion**
- **2 tablespoons water**
- **¼ cup ruby port**
- **½ teaspoon salt, divided**
- **¼ teaspoon freshly ground pepper, divided**
- **½ cup crumbled reduced-fat blue cheese (2 ounces)**
- **4 whole-wheat hamburger buns**
- **1 cup baby arugula**
- **4 thick slices tomato**

1. Whisk 2 tablespoons oil, vinegar and garlic in a bowl. Brush the mixture all over mushrooms and let stand for 30 minutes.
2. Meanwhile, heat the remaining 1 tablespoon oil in a large skillet over high heat. Add onion and cook, stirring frequently, until beginning to brown, about 5 minutes. Reduce heat to low, add water and cook, stirring frequently, until the onion is browned and very soft, about 15 minutes. Add port; cook, stirring occasionally, until mostly evaporated, about 3 minutes more. Stir in ¼ teaspoon salt and ⅛ teaspoon pepper. Remove from the heat and cover.
3. Preheat grill to medium.
4. Sprinkle the mushrooms with the remaining ¼ teaspoon salt and ⅛ teaspoon pepper. Grill, gill-side down, for 5 minutes. Turn over and top each with 2 tablespoons cheese. Grill until the mushrooms are tender, 4 to 5 minutes more.
5. Toast buns. Divide the onions among the mushrooms. Serve (cheese side up) on buns with arugula and tomato.
Per serving: 359 calories, 16 g fat (4 g sat, 9 g mono); 8 mg cholesterol; 42 g carbohydrate; 3 g added sugars; 12 g protein; 7 g fiber; 676 mg sodium; 816 mg potassium. **Nutrition bonus:** Potassium & Vitamin C (24% daily value), Folate (19% dv), Magnesium (18% dv).

Asparagus & Mushroom Risotto

h♥w h♥h

Makes: 4 servings, 1½ cups each
Active time: 1 hour **Total:** 1 hour
Cost per serving: under $5

We like this deep, rich red-wine risotto best made with mushroom broth (you can find it in well-stocked supermarkets), but any type of vegetarian broth works.

- **4 cups mushroom *or* vegetable broth**
- **1 cup water**
- **1 bunch asparagus (about 1 pound), trimmed, cut into 1-inch pieces**
- **1 tablespoon extra-virgin olive oil**
- **½ cup chopped shallots**
- **3 cloves garlic, minced**
- **1 tablespoon fresh thyme *or* 1 teaspoon dried**
- **8 ounces shiitake mushrooms, stems removed, caps sliced**
- **1 cup arborio rice**
- **1 cup Cabernet Sauvignon *or* other full-bodied dry red wine**
- **½ cup finely shredded Parmigiano-Reggiano cheese, plus more for garnish**
- **¼ cup chopped fresh parsley, plus more for garnish**
- **¼ teaspoon freshly ground pepper**

1. Bring broth and water to a boil in a medium saucepan. Add asparagus and cook until crisp-tender, about 4 minutes. Remove to a bowl with a slotted spoon and set aside. Reduce the heat under the liquid to maintain a gentle simmer.
2. Heat oil in a Dutch oven over medium-low heat. Add shallots, garlic and thyme; cook, stirring often, until starting to soften, 2 minutes. Add mushrooms and cook, stirring frequently, until softened, 3 to 4 minutes. Add rice; cook, stirring, for 1 minute. Add wine and cook, stirring often, until the wine is absorbed, 2 to 3 minutes.
3. Add 1½ cups of the simmering broth and cook, stirring, until it is absorbed. Continue to cook on medium-low, adding broth in ½-cup increments, and stirring frequently after each addition, until most of the liquid is absorbed. The risotto is done when all the broth is used and the rice is creamy and just tender, 24 to 28 minutes total.
4. Stir in the reserved asparagus and cook for 1 minute. Remove from the heat and stir in cheese, parsley and pepper. Serve immediately, sprinkled with more cheese and parsley, if desired.
Per serving: 336 calories; 7 g fat (2 g sat, 4 g mono); 9 mg cholesterol; 49 g carbohydrate; 0 g added sugars; 10 g protein; 4 g fiber; 704 mg sodium; 465 mg potassium. **Nutrition bonus:** Folate (26% daily value), Vitamin A (23% dv), Vitamin C (20% dv), Calcium (15% dv).

Marge Perry and David Bonom develop recipes, write and teach about healthy cooking.

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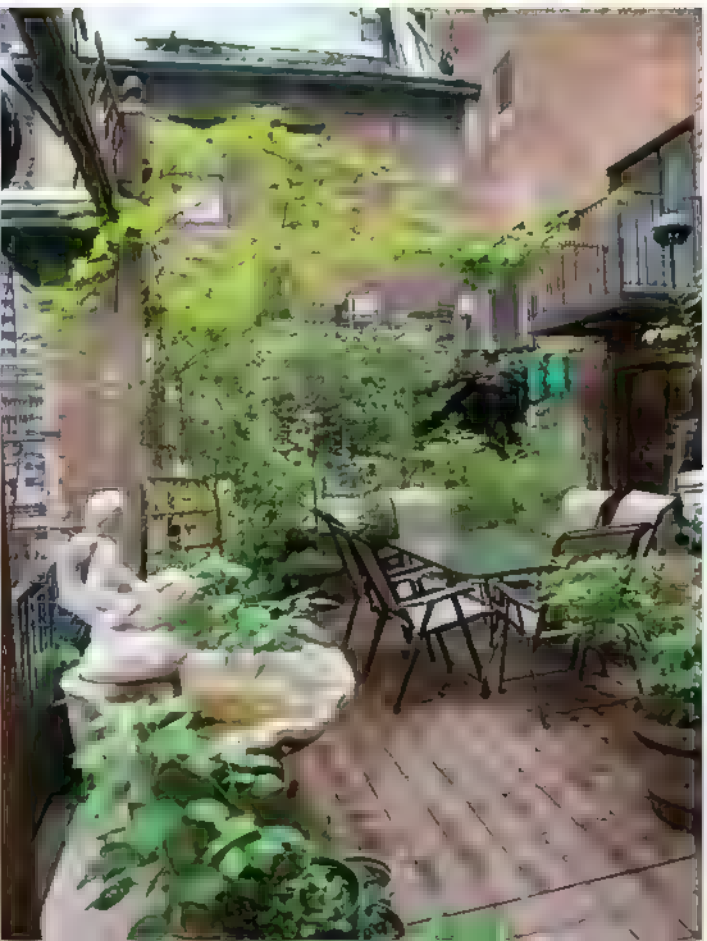

a Growing Revolution

More and more Americans are growing their own food. Here's how one New Yorker managed to feed his family from a tiny rooftop & how you can create an edible garden of your own. By Paul Greenberg Photography by Maryanne Rafter

My garden is a lousy place for a garden. Located on a tenth-floor terrace a few hundred yards from Manhattan's Ground Zero, it's a little like a sentry post high above humanity's campaign to annihilate nature. A 743-foot obsidian skyscraper to the south robs my terrace of all but four hours of sunlight and throughout the year a gritty wind whooshes up the concrete canyons. Unchecked, the wind can shear my tomato plants of their leaves and scatter blueberry blossoms all over the Financial District. It all can feel a little, well, fruitless

A garden grows on Wall Street. Just blocks from New York's financial center, author Paul Greenberg (*opposite, top right*) has created a rooftop garden that provides his family with an oasis of green—and nearly half the veggies (including chard, greens, berries, tomatoes and even grapes) they eat all summer

But after about six years of failed and successful experiments, I have a garden that supplies as much as half of my family's vegetable needs from May through September. I've persisted partly because of the Michael Pollan-esque mandate so many of us feel nowadays about having our food be more local. But overlaying that is something else, something specifically and abrasively New York. Sometimes when I fight my way homeward along Broadway and look up, I take a particular pleasure seeing my grape arbor jutting out victorious from all the gray grimness. To my eye it looks like nature has joined the Occupy Wall Street protestors

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Prizes. All finalists will receive the new Garden Minder™ app from Gardener's Supply, a copy of *EatingWell in Season: The Farmers' Market Cook book* and *The Essential Urban Farmer*, a blueprint for growing everything on a small lot, from veggies in raised beds and herbs in pots to farming livestock, such as chickens and even goats

Visit *eatingwell.com/go/gardencontest* for more details and the contest official rules.

camped out nearby and is giving plutocratic New York the finger.

My garden's ability to defy its environment did not come about all at once. It took some money (but not that much) and some serious physical labor. But perhaps the most important factor was my patient observation of the sun—a slow and almost pagan thing to do in a neighborhood that favors state-of-the-art technology and nanosecond securities trading. Just as the ancients may have used Stonehenge to mark the sun's progress, in my first year I used the different skyscrapers around my terrace as solar markers. I came to understand these markers signaled both when and where to plant.

Most city dwellers would consider my terrace huge—nearly 1,000 square feet, shared with two other neighbors. But when I observed the sun's progress, I understood that only 400 square feet got enough light for gardening. By focusing on this smaller area and mounting a series of solar reflectors (read: old screen doors covered with tinfoil and packing tape), I have managed to boost the ambient light to the point where an unsuspecting tomato will issue timid blossoms as early as mid-June.

Along the eastern edge of the sunny spot, I positioned a row of potted pine and cedar trees, establishing a windbreak in the manner of the anti-Dust Bowl measures of the 1930s. And soon my very own microclimate emerged. In the calm air behind the trees butterflies drifted in. By the second season of gardening when my blueberry bushes began to bloom I heard a familiar buzzing. Bumblebees had somehow stumbled in and were going about the important work of pollinating my plants.

Perhaps the most important factor in an urban ecosystem, I realized, is the plants themselves. When people think of starting a home vegetable garden, they fixate on the "money" crops—the heirloom tomatoes, the honking mega-squash. But when your sun is limited and you have pots instead of fields, you need to focus on crops that make the most of the resources at hand—ones that are edible from stem to leaf. And so, in early March when the sun first emerges, I plant not peas but arugula. Two weeks later, lettuces and spinach go in instead of, say, carrots. Two more weeks, chard, not beans. Week after week this continues until the entire spring garden is planted. And by May when these tender spring greens are harvestable, I replace each picked pot with a seeding of heat-tolerant greens—collards, kale and a climbing vine called "Malabar spinach"—all of these can withstand the 100 degree hothouse of a New York City summer.

Of course I cannot resist rolling the dice and growing some heirloom tomatoes. But here I have tended to take a New Yorker's survival-of-the-fittest route. In my greenhorn days of Ground Zero gardening I planted six different varieties of tomatoes, most of which produced only a few fruits each. The exception was a little number called "Mexico Midget," which yielded several dozen grape-size tomatoes per plant. Over a season a handful of Midgets usually go unpicked. These end up in my row of compost bins (read three garbage cans with holes) and then eventually the Midget seeds find their way back into the garden. By April they have sprouted and by May I select the best and put them in a place of honor on the highest, sunniest places.

What all this has meant for me is something somehow larger than the sum of calories produced. I am a writer, and like any writer, I have a storehouse of failed experiments thrice as large as my published oeuvre. I apply the writer's trial-and-error philosophy to my garden—the dinner plate acting as the publishing house. I haven't written here of my broccoli that failed to flower and yet provided a perfectly acceptable (if woody) stem-based stir-fry. I didn't really mention my Burgundy grapes, which yielded a scant seven servings of Italian grape pudding one year and a single bottle of bad wine the next. Nor did I detail the slow decline of my blueberries, which my 3-year-old took great pleasure picking clean one year only to find the bushes flowerless and unyielding the next season. And the whole plan my father-in-law and I have for an aquaponic tilapia pond is a story in and of itself.

You try hard at a lot, you fail at most, you make good use of what made the cut. This to me seems the essence of growing

Paul Greenberg is the author of Four Fish: The Future of the Last Wild Food *and has been a Kellogg Foundation Food and Society Policy Fellow.*

Plant a Seed

Get tips & how-tos for gardening in small or large spaces at eatingwell.com/go/garden ng

ILLUSTRATION BY Harriet Russel

the edible garden

By strategically pl ng cedar trees **(a)** and trel ses for cucumbers **(b)** and grapes **(c)**, Greenberg created windb ocks that protected potted raspberries and blueberries **(d)**, tomatoes **(e)** and planters and beds **(f)** of a variety of seasonal greens arugula and spinach, then chard, collards and kale Potted herbs can be moved to capture the best sun of the season and compost bins **(g)** made from garbage cans line one back wall Need he p planning your own small space garden? Use the Gardener's Supply Kitchen Garden Planner (*gardeners.com*) to design it or preload a variety of kitchen gardens onto your site map.

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Learn how to: Pit cherries, oil a grill rack, toast coconut, and more

Must-have ingredients: Smoked paprika, miso and artichoke bottoms

Don't be intimidated by its tall, dark beauty; this decadent (yet calorie-smart) Kahlua & Chocolate Soufflé is easy to make at home. On the following pages, we'll give you our master technique for making sweet *and* savory soufflés and teach you our secrets for success.

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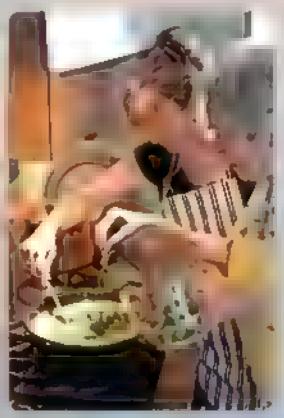

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Simple Soufflés

Tips and tricks for making a perfect soufflé every time

My first soufflé enjoyed at Tavern on the Green in New York's Central Park in 1977, was a masterfully prepared dessert flavored with Grand Marnier. It arrived at the table beautifully puffed and still billowing steam. When I gently dipped my spoon into it and took a bite, it was so light I felt like I was eating a cloud.

Soufflé is a French word that literally means "puffed up" or "filled with air," but for many Americans, it carries with it the connotation of being difficult to prepare. That's certainly what I thought until I learned how easy it is to make soufflés at home. And they aren't just for dessert—I make savory soufflés like our Asiago, Artichoke & Spinach or Salmon, Cream Cheese & Dill (page 84) for brunch or a light supper.

Our master soufflé recipe uses tried-and-true *EatingWell* techniques to make it healthier: we use canola oil in place of some of the butter, more egg whites and fewer yolks, low-fat dairy and whole-grain flour. Read on for our secrets for successful soufflés plus two sweet and two savory recipes. You don't have to be a chef to make a fancy-looking soufflé, but you'll feel like a culinary pro when you bring one out of the oven for the first time.

—Patti Cook, M.S., Ed.D.

Master Soufflé Technique

Makes: 8 servings
Active time: 30 minutes **Total:** 1 1¼ hours

Follow this master recipe, adding the flavor of your choice. While it bakes, don't open the oven door until the last 5 minutes—that lets in cool air and may interrupt the rising. Once out of the oven, all soufflés slowly deflate, so go directly to the table to show off its beauty.

- **3 tablespoons fine, dry breadcrumbs or granulated sugar**
- **Flavoring (*see "Savory or Sweet," page 84*)**
- **1½ cups low-fat milk**
- **2 tablespoons unsalted butter**
- **2 tablespoons canola oil**
- **¼ cup white whole-wheat flour or all-purpose flour**
- **4 large egg yolks, at room temperature (*see Tip, page 84*)**
- **8 large egg whites, at room temperature**
- **⅛ teaspoon salt**

1. Position rack in lower third of oven; preheat to 375°F. Coat eight 10-ounce ramekins or a 2½-quart soufflé dish (or similar-size baking dish) with cooking spray. Sprinkle with enough breadcrumbs (for savory soufflés) or granulated sugar (for sweet soufflés) to generously coat the inside, tilting to evenly distribute; tap out excess. Place ramekins on a baking sheet.
2. Prepare flavoring (*see page 84*).
3. Heat milk in small saucepan over medium heat until steaming. Melt butter and oil in a medium saucepan over medium-low heat. Whisk in flour and cook, whisking, for 2 minutes. Slowly whisk in the hot milk and cook over medium-low heat, whisking, until the mixture is the consistency of thick batter, 2 to 4 minutes. Transfer to a large bowl. Whisk in egg yolks, one at a time, until incorporated. Whisk in the flavoring.
4. Clean and dry a large mixing bowl and beaters, making sure there are no traces of oil. Beat egg whites in the bowl with an electric mixer on medium speed until foamy. Add salt, gradually increase speed to high and beat until shiny and stiff, but not dry. Do not overbeat. (*See below.*)
5. Using a rubber spatula, stir one-third of the whites into the egg-yolk mixture to lighten it. Gently fold in the remaining egg whites just until evenly distributed. It's OK if a few white streaks remain. Spoon the batter into the prepared dish(es).
6. Bake until puffed and firm to the touch, 20 to 24 minutes for 10-ounce soufflés, 38 to 42 minutes for a 2½-quart soufflé. Serve immediately.

4 Tips for Soufflé Success

Yolk-free whites: Separate the eggs, using an egg separator if desired. Drop each white into a small bowl before adding to the mixing bowl; discard any whites with specks of yolk. Wash the bowl and start over.

Well-coated dish. Soufflés rise best when they have something to "grab" on to as they bake. Coat the inside of the baking dish generously with breadcrumbs or sugar.

Don't overbeat: The perfect egg whites for soufflés are stiff, hold their shape on the beater, but don't look overly dry or lumpy. Overbeaten whites don't provide enough structure and result in a sunken soufflé.

Use a light hand. Overmixing breaks the tiny air bubbles in the beaten egg whites. Without the air, the soufflé won't rise. It's better to undermix than overmix; it's OK if a few streaks of egg white remain.

PHOTOGRAPHY BY Peter Ardito (pages 81 & 84); Bryan McCay (pages 83 & 86). FOOD STYLING BY Joyce Sangirardi/Sublime Management

Salmon, Cream Cheese & D

Asiago, Artichoke & Spinach

Coconut

Savory or Sweet:
4 Ways to Flavor a Soufflé

Follow our Master Soufflé Technique (*page 83*) and add one of the flavor combos below at the end of Step 3.

1

Salmon, Cream Cheese & Dill (Savory)

Combine 4 ounces each softened reduced-fat cream cheese and chopped smoked salmon, 2 tablespoons chopped fresh dill (or 2 teaspoons dried) and ¼ teaspoon freshly ground pepper in a bowl.

Per serving: 192 calories; 13 g fat (5 g sat, 5 g mono); 116 mg cholesterol; 7 g carbohydrate; 0 g added sugars; 11 g protein; 1 g fiber; 276 mg sodium; 186 mg potassium.

2

Asiago, Artichoke & Spinach (Savory)

Drain one 14-ounce can artichoke bottoms (*see Tip, page 86*); pat dry, chop, then pat dry again. Thaw 4 ounces (about 1¼ cups) chopped frozen spinach; drain and press in a sieve until very dry, then finely chop. Combine the artichoke bottoms, spinach, 1 cup finely shredded Asiago or Parmesan cheese and ½ teaspoon freshly ground pepper in a bowl.

Per serving: 197 calories; 13 g fat (5 g sat, 4 g mono); 112 mg cholesterol; 10 g carbohydrate; 0 g added sugars; 11 g protein, 2 g fiber; 270 mg sodium; 188 mg potassium. **Nutrition bonus:** Vitamin A (43% daily value), Calcium (17% dv).

3

Kahlua & Chocolate (Sweet)

(*Photograph on page 81.*) Place 2 teaspoons instant espresso powder in a bowl and add 2 tablespoons Kahlua; stir to dissolve. Whisk in ⅔ cup granulated sugar and ⅓ cup unsweetened cocoa powder (preferably Dutch-process), sifted.

Per serving: 233 calories; 10 g fat (3 g sat, 4 g mono); 102 mg cholesterol; 30 g carbohydrate; 23 g added sugars; 8 g protein; 2 g fiber; 117 mg sodium, 202 mg potassium.

4

Coconut (Sweet)

Combine 1 cup sweetened shredded coconut (toasted, if desired, *see Tip, page 86*), ½ cup granulated sugar and 1½ teaspoons coconut extract in a bowl.

Per serving: 260 calories; 13 g fat (7 g sat, 4 g mono); 102 mg cholesterol; 29 g carbohydrate; 21 g added sugars; 7 g protein; 1 g fiber; 146 mg sodium; 178 mg potassium.

To make ahead: Prepare the soufflé base (Step 3), cover and refrigerate for up to 1 day. Bring to room temperature before folding in the egg whites.

Tip: Room-temperature egg whites gain more volume when beaten and help your soufflé rise. To bring eggs to room temperature, either set out on the counter for 15 minutes or submerge (in the shell) in a bowl of lukewarm (not hot) water for 5 minutes.

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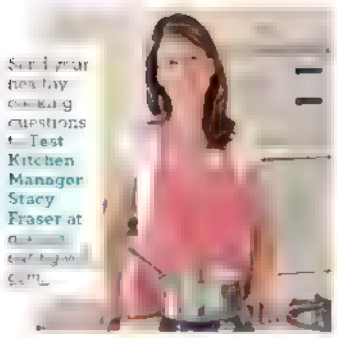

Send your healthy cooking questions to Test Kitchen Manager Stacy Fraser at [illegible]

Ask Stacy

I'm trying to eat more sustainable seafood. How do I know what shrimp to buy?

—S. Brown, State College, PA

A: Both wild-caught and farm-raised shrimp can damage the surrounding ecosystems when not managed properly. Choose shrimp that is certified as "sustainable" by an independent agency, such as Wild American Shrimp or Marine Stewardship Council (*right*). Look for certification stamps or logos on fish-counter labels or packages of frozen shrimp. Depending on your market, certified sustainable shrimp might only be sold frozen. If you can't find certified shrimp, choose wild-caught shrimp from North America—it's more likely to be a sustainable choice. For more information, visit Monterey Bay Aquarium Seafood Watch at *seafoodwatch.org*, where you can download a handy pocket guide to sustainable seafood or get the Seafood Watch app. To learn about a farmer who's raising shrimp sustainably in Belize, turn to page 16. And don't miss our 30-minute recipe, Skillet Gnocchi with Shrimp & Asparagus (*page 29*).

Sources: Find frozen, canned and dried **sour (tart) cherries** (*pages 56-64*) at The Cherry Stop (800) 286-7209, *cherrystop.com*, and King Orchards, (877) 937-5464, *kingorchards.com*. Oxo **cherry pitter** (*page 86*): *Oxo.com*, $12.99.

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test kitchen tips & how to

Tips

Artichoke bottoms (*page 84*)—literally the bottom of an art choke heart without any leaves attached—are sold in 14-ounce cans, found near other canned vegetables. If unavailable, substitute canned artichoke hearts

white miso

red miso

brown miso

Miso (*pages 54, 72*) is a fermented soybean paste that adds flavor to dishes like soups, sauces and salad dressings. It is available in different colors (*pictured*). In general, the lighter the color, the milder the flavor. It will keep in the refrigerator for at least a year

Smoked paprika (*page 55*) is made from smoke-dried red peppers and adds earthy, smoky flavor to food. Look for different types of paprika: sweet, bittersweet and hot (often available in beautiful tins like the one here) at well-stocked supermarkets, gourmet markets or online at *penzeys.com*

Tempeh (*page 54*) is a chewy, nutty, fermented soybean loaf Find it (plain or with added grains) near refrigerated tofu in natural-foods stores and most large supermarkets.

Learn how to...

Pit fresh cherries (*pages 56-64*): Use a tool made for the job—a hand-held cherry pitter (*pictured; see Sources, page 85*), it also works for olives! Or pry out the pit with the tip of a knife or vegetable peeler

Oil a grill rack (*pages 34, 38, 58*) to help ensure that the food won't stick. Oil a folded paper towel, hold it with tongs and rub it over the rack. (Do not use cooking spray on a hot grill.)

Toast nuts (*pages 55, 63*): Toast chopped or sliced nuts in a small dry skillet over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes. Spread whole nuts on a baking sheet and bake at 350°F, stirring once, until fragrant, 7 to 9 minutes.

Toast coconut (*page 84*) in a small dry skillet over medium low heat, stirring often, until golden, about 5 minutes.

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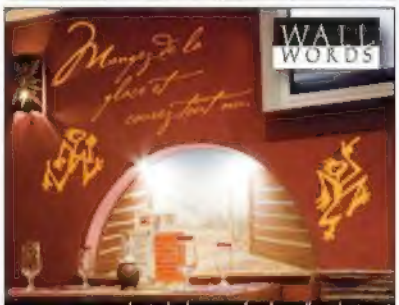

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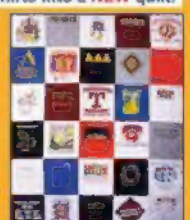

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The Inheritance

by Joyce Maynard

In the family where I was raised, money came in short supply, but casseroles and cookies were plentiful.

They were homemade, always—the ingredients and instructions for each written on a card in my mother's recipe box. It sat on our kitchen counter at all times—with those Pennsylvania Dutch girls printed on the top—never completely closed, because there were just so many cards jammed in, alongside the coupons and box tops and Green Stamps.

Not that my mother didn't have some other talents. She'd earned herself a Ph.D. from Radcliffe. She had hundreds of poems committed to memory. She could conjugate Latin verbs or paint shutters while singing along to Johnny Cash or *Don Giovanni* or inspire a classroom of the enlisted men to whom she taught English, to shed tears for *Ethan Frome*. She sewed her dresses, and my sister's and mine, and those of our dolls. But in some ways, her greatest opportunities for self-expression occurred in our kitchen.

Some of the recipes in my mother's box came from my grandmother—a wonderful baker, who'd brought her own cookie recipes with her when, as a young Jewish girl escaping the pogroms, she emigrated from Russia. So there were butter cookies with meringue on top, and little round wheels with thumbprints in the middle filled with homemade jam, and hazelnut crescents dusted with powdered sugar.

My mother copied recipes from magazines, too, but when she did, she always ended up adapting them in ways that honored certain core beliefs about food: Real was better than artificial. Rich was always superior to low-fat. (If ¾ cup of butter was good, a cup was probably better.) As for margarine: all my mother had to say about a person—if she wanted to convey a low opinion of her—was to mention that the woman baked with Parkay. Or that she used garlic powder or "imitation vanilla" extract.

I've known women, over the years, who kept their recipes secret (and a few who shared them, but with some crucial ingredient missing) to ensure that no one could replicate *that* spaghetti sauce, *that* curry. But my mother loved making copies of her recipe cards, and exchanging them so her box was also filled with recipes bearing names: *Betty's Anadama Bread. Lillian's Gingersnaps. Mum's Borscht.*

She taught me how to bake—less by any formal instruction than from years spent watching her brisk, confident, joyful approach in the kitchen, the thumb in the eggshell to scoop out the last drop of white, the authority with which she wielded her pastry blender and her rolling pin. But because I always assumed she'd live forever —she was the type who gave that impression—I never sat her down to ask how she kept her roast chicken so wonderfully moist or what the secret was to that flaky pie crust.

I was 35½ when the diagnosis came, of the brain tumor, and not quite 36 when she died—at 67, way too young, her cupboard spilling out with ingredients and a freezerful of giblets from the last 15 or 20 chickens she'd purchased. Kept to make broth.

Our inheritance didn't add up to much, but I had no doubt, when my sister and I cleaned out our old house, that I wanted her file box filled with recipe cards, with those Dutch girls hurrying across the top and sides.

Twenty-three years have passed now, since my mother died—and of course, few of us use recipe cards anymore. So many speak of another era: salmon mousse, made in a fish-shaped mold, with canned salmon and cream and gelatin powder; hamburger casserole with tomato paste, onions, cottage cheese and sour cream; and curried eggs.

But I like to reread the cards now and then, for the glimpse they give me of the woman who chose to file them away, with their little comments ("a pound of butter—ha ha"; "Look for chicken wings at fifteen cents a pound. They add so much style!").

All these years later, I choke up at the sight of my mother's handwriting, and the little splashes on the cards from some batter or other, dripping from her spatula. Like me, my mother was never a tidy cook, and regarded with a certain suspicion those who were. How could a person prepare food with the appropriate level of joy, if she was always busy sponging off the counter?

In case any doubt remained about her attitude, there was—at the bottom of each card—her trademark signature, made in a single swipe of her pen. Just a squiggle, really, but it's how she finished off her letters, and she left it on her recipe cards, too: a dancing girl, one arm flung overhead, skirt twirling out around her.

Joyce Maynard's novel Labor Day *is due to begin filming this summer. In the film, the character played by Josh Brolin will be baking a pie using Joyce's mother's instructions.*

ILLUSTRATION BY: Gavin Potenza

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